



FUTURE OF CHAMPIONS Training Camp

15-19 JUNE 2026 at the MTA CENTEER

5 day Intensity Camp

over 250 wrestlers present in 2025, with several of our top ranked wrestlers in the **State** and Nation training in one location

Cost of camp options

- \$450 not traveling to Idaho or Fargo
- \$300 for wrestlers competing in Idaho and Fargo
- Club Discount (based on numbers submitted by club)
- Raffle Tickets sold for Team Alaska
- onsite Registration \$550

Above are several ways to pay for camp affordable as possible or raise the funds with the raffle at no cost for yourself.

Housing option and cost:

There will be limited housing and early registration is recommended also email teamalaskawrestling@gmail.com subject FOC Housing

Future of Champions June Camp

JUNE 15 MON

8am Camp Check in
9am Camp brief
10am Greco Session
12pm Lunch
1pm clean up
1:30pm Freestyle Session
3:30pm clean up
4pm Pick up

JUNE 16 TUE

8:15 running shoes on
8:30am Track workout
10am Greco Session
12pm Lunch
1pm Par terre (guts O&D)
2pm Freestyle Session
3:45pm Clean up
4pm Pick up

JUNE 17 WEDS

8:30am Par Terre
10am Greco Session
12pm Lunch
1pm Freestyle Session
3pm Zone work
3:45pm clean up
4pm pick up

JUNE 18 THUR

8:15 running shoes on
8:30am Track workout
10am Greco Session
12pm Lunch
1pm Par terre
2pm Freestyle Session
3:45pm Clean up
4pm Pick up

JUNE 19 FRI

8:30am GRECO Session
(1hr feet / 40min par terre.
40min Zone)
11am Lunch
12pm Freestyle Session
1hr feet/ 40 min par terre/
30 min zone
2:30pm break down/ clean
4pm pick up

track workout: kids should be ready to go prior to 8:30am track workout

Lunch: Kids must bring their own lunch each day

Intensity and tech camp: are all the same and combined. Littles will sometimes go in a group for details or a different focus.

All start times for sessions are exactly that, its the start time to begin to warm up. It is not a time to go to the bathroom or put on shoes.