

# FNMM

## June 29 – July 2

This 4-day camp will focus on functional fitness training, nutrition and mindset wrestling. This camp is designed to broaden your knowledge into these critical areas that directly influence the sport of wrestling. By mastering these other entities will enhance your ability to reach the highest level of individual success and excellence in the sport of wrestling.



Using workouts that shift the focus in fitness to a much more practical full body workout, functional training works by exercising your muscles in a similar way to how your body would be used in the sport of wrestling. With an emphasis on strength, respiratory and flexibility the benefits of functional training differ from other workouts because of the way it targets your body.



Nutrition is an important part of a wrestling training regimen. Our Nutrition program focuses its studies on the type, as well as the quantity of fluids and food taken by an athlete. In addition, it deals with the consumption of nutrients such as vitamins, minerals, supplements and organic substances that include carbohydrates, proteins and fats.



Wrestling Mindset is a wrestling specific mindset system made by wrestlers for wrestlers. You will learn techniques that you help mentally prepare you mind, focus your energy, and increase confidence in yourself. This will enable you to preform and be successful at a higher level.

### Daily Schedule

8:00 – 8:30	Mindset Motivational Session
8:30 – 9:30	Functional Training Session
10:00 – 11:00	Nutrition Session
11:00 – 12:00	Mindset Session
12:00 – 1:00	Lunch Break
1:00 – 3:00	Mindset Wrestling Session

### Location:

Northgate High School  
3220 Fischer Rd  
Newnan, GA 30265

**Ages:** 7 – 18

**Register Online:** [www.gawrestlingu.com](http://www.gawrestlingu.com) ; click on camps.



**Register before April 30<sup>th</sup>  
and save \$75.**

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