

Buchanan Wrestling Camp

- Date:** Wednesday August 4th and Thursday August 5th
- Time:** 10 am - 2 pm
- Schedule:** 10 – 11:30 am Session 1
11:30 – 12:30 lunch (can get a lunch provided by the school if choose or bring a lunch)
12:30 – 2 pm Session 2
- Cost:** \$20 dollars per day or \$30 for both days
- Ages:** Athletes that will be in 6th – 12th grade next year

The camp will focus on college drills and technique in the areas of neutral, top, and bottom positions. There will be some live wrestling in each session as well.

Camp Leader: Jeff Mucha - Buchanan High School Alumni that graduated in 2013 and wrestled four years for Buchanan

Coach's Credentials:

- 4 year letter winner at Wabash College – during which the team was in the top ten all four years
- Former Assistant Coach at Ohio Valley RTC
- Former Head Assistant Coach at Wheeling Jesuit University
- Current Head Assistant Coach at Manchester University
- Has Coached:
 - 3 National Champions
 - 8 All Americans
 - 11 National Qualifiers
 - 18 Scholar All Americans
 - 18 All Region Athletes
 - 2 times finished in Top 20
 - 2019 National Runner Up as a Team

Payment and permission slip will be due at time of camp. I will have permission slips at the camp or can email you if you wish to fill it out before the camp. Please contact Andy Riggs for any questions or letting me know that you will be attending the camp. You can contact me at ariggs@buchananschools.com or 269-806-1668.