

# Precision Wrestling Camp

**Boys and Girls welcome ages 6 to 15 years old**

June 17<sup>th</sup>, 18<sup>th</sup> and 19<sup>th</sup> 2025 9:00 am to 12:00 pm

The cost is \$90.00 for all three days! Limited Space!

Our wrestling camp offers training for both novice and intermediate wrestlers. Each day includes a warm-up, stretching, practicing new techniques through repetition, and opportunities for open wrestling.

Wrestler should wear shorts and T-Shirt. Wrestling shoes are optional.

## Our Talented Camp Wrestling Coach

### Jeremiah Kent

High School Highlights:

- Achieved the status of a three-time MO State Qualifier
- Crowned Missouri State Champion once
- Secured 6th place during his soph. year
- Recorded an outstanding 42 wins and only 3 losses in his junior year
- Achieved a perfect senior year with 52 wins and no losses
- Earned the title of Fargo All-American three times

College Success:

- Qualified for the NCAA Division 1 Championships twice
- Finished as the Big 12 Runner-up
- Achieved Runner-up status in the MAC
- Secured a Runner-up position at the Southern Scuffle
- Maintained a career record of 65 wins against 23 losses

Now, Jeremiah is taking his talents to the world of MMA!



## Wrestling has many benefits, including

Anyone can wrestle

Wrestling teaches discipline

Wrestling builds self-confidence

Wrestling develops a competitive spirit

Wrestling teaches respect

Wrestling makes you more athletic and fit

Wrestling teaches about nutrition

Wrestling is good for self-defense

Wrestling is also exciting to watch, with wrestlers being some of the strongest and most powerful athletes yet having an incredible amount of balance and agility. Wrestling teaches you that hard work, sacrifice, and determination can get you anywhere in life.

## Precision Wrestling

(Precision Gymnastics & Tumbling)

1144 N. Plano Rd., Suite 104

Richardson, TX 75081

**(972) 907-2248**

Email: [gymnasticshere@yahoo.com](mailto:gymnasticshere@yahoo.com)

Website: [www.gymnasticshere.com](http://www.gymnasticshere.com)