

# Nik's Olympic School

## Wrestling Summer Camp 2026

Monday, August 24<sup>th</sup> to Friday, August 28<sup>th</sup>



Nik's Olympic School  
40 Abbott Rd.  
Wellesley, MA 02481

Daily Hours: 9am - 5pm

Price: 1 day - \$130, 3 days - \$330, 5 days - \$500

**Register by May 1<sup>st</sup> at**  
**Coach\_Nik@niksolympicschool.com**

### WRESTLING SUMMER CAMP SCHEDULE

9.00am-9.30am	Arrival
9.30am-11.00am	Outside 1 <sup>st</sup> Practice (weather permitting)
11.00am-12.00pm	Lunch (Not Provided)
12.00pm-1.00pm	Motivational Sport Videos Break
1.00pm-2.30pm	2 <sup>nd</sup> Practice
2.30pm-3.30pm	Snack (Not Provided)
3.30pm-5.00pm	3 <sup>rd</sup> Practice

**Practices include Mat (Techniques, Drills, Live Wrestling), Conditioning, Stretching, Acrobatics, Inside and Outside Games and Races**

### CAMP PACKING LIST

- |                   |                                   |
|-------------------|-----------------------------------|
| ✓ Lunch and snack | ✓ Sneakers for outside activities |
| ✓ 3 T-Shirts      | ✓ Wrestling Shoes                 |
| ✓ Towel           | ✓ Socks                           |

Camp Dates: August 24-28, 2026

**Please register by May 1, 2026**  
**\* \$100 sign-up deposit required \***