

LADY PHOENIX

TECHNIQUE WRESTLING CAMPS

*Presented by
Silverado Girls Wrestling Club*

4 Days of Camp

Individual Pricing

\$320

Team Pricing (8-14 Wrestlers)

\$2400

Register thru webstore address below:

[https://silverado.myschoolcentral.com/\(S\(jfbvwnryovvicaht1j3eh3e\)\)/Index.aspx#/1477374/product/45875](https://silverado.myschoolcentral.com/(S(jfbvwnryovvicaht1j3eh3e))/Index.aspx#/1477374/product/45875)

Deadline: May 9th, 2025

Lady Phoenix 4 Day-Technique Camp



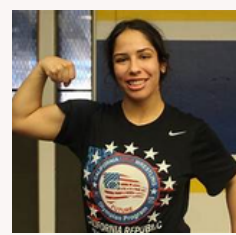
Kennedy Blades



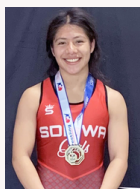
**Katie
Gomez**



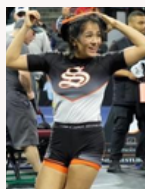
**Marilyn
Garcia**



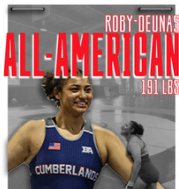
Other 2024 Past Clinicians



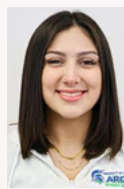
**Ale
Valdiviezo**



**Ani
Arias**



Naomi Roby-Duenas



**Audrey
Chavez**



**Athena
Wilden**



**Jianna
Chavez**

** USAW or AAU Card must be present @ Check-in.
Without card, Entry will be turn-away without refund!*

Custom Package Made for You!

GET IN TOUCH & GET TRAINED!



Learn, Have Fun, & Win!

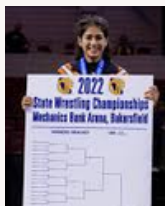
For questions... Txt: 760-301-7784 or
Email: LadyPhoenixWrestlingCamps@yahoo.com

All Sales Final: No Refunds!

2024 Lightweight Clinicians--2025 (TBD)

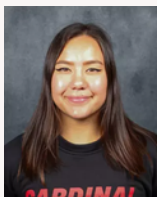


Alejandra Valdiviezo
Colorado Mesa University (CO)
2024 CTF State Champion
3x CTF State Placer
2x CTF Masters Champion



Ariana Arias
University of Providence (MT)
2024 NAIA National Qualifier
2022 CTF State Champion
2x CTF State Placer

2024 Upperweight Clinicians--2025 (TBD)



Athena Wilden
William Jewell College (MO)
2024 NCWWC National Qualifier
2024 NWCA Scholar All-American
2x CTF State Placer



Audrey Chavez
University of Providence (MT)
2023 CTF State Placer
2023 CTF Masters Champion



Jianna Chavez
William Jewell College (MO)
2023 CTF State Qualifier
2023 CTF Masters Placer

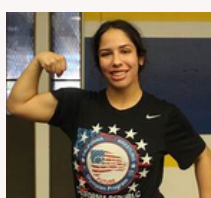


Naomi Roby-Duenas
University of Cumberlands (KY)
2024 NAIA All American
2024 NWCA Scholar All-American
2023 CTF State Runner-Up
2x CTF State Placer

Senior Level Freestyle (7/25/25)



Katie Gomez
2024 US Open Champion
2024 U20 National Champion
2023 Senior National Runner-Up
2023 Senior National Team Member
2021 Cadet World Champion
3x CTF State Placer



Marilyn Garcia
Menlo College (CA)
2022 Senior National Team Member
2019 NAIA National Champion
2016 CTF State Runner-Up

Olympian Clinic (7/26/25)



Kennedy Blades
University of Iowa (IA)
2024 Olympic Silver Medalist
2023 U23 World Silver Medalist
3x USAW National Champion
2021 U23 World Team Member
2021 Junior World Team Member
2021 Olympic Trials Finalist
2020 Junior National Champion



Girls Wrestling Camp

Activity Schedule

Check-in (Wednesday): 8:30– 9:00 AM (Gymnasium Foyer)

Wednesday (7/23/25)- Lightweight Clinic:

9:00-9:20 (Warm-Up):

Warm-up, Drill & Stretch

9:20-11:00 (Technique Session #1):

Clinician Clinic

11:00-11:40 (Live Drill):

Drill New Technique/ Live Scenarios

11:40-Noon (Reflection):

Questions and Answer with Clinician

Noon-12:55 PM (55 Mins):

NUTRITION BREAK (Lunch)

1:00-1:20 PM (Warm-Up):

Warm-up, Drill & Stretch

1:20-3:00 (Technique Session #2):

Clinician Clinic

3:00-3:40 (Live Drill):

Drill New Technique/ Live Scenarios

3:40-4 PM (Reflection):

Questions and Answer with Clinician

Friday (7/25/25)- Senior Level Freestyle:

9:00-9:20 (Warm-Up):

Warm-up, Drill & Stretch

9:20-11:00 (Technique Session #6):

Clinician Clinic

11:00-11:40 (Live Drill):

Drill New Technique/ Live Scenarios

11:40-Noon (Reflection):

Questions and Answer with Clinician

Noon-12:55 PM (55 Mins):

NUTRITION BREAK (Lunch)

1:00-1:20 PM (Warm-Up):

Warm-up, Drill & Stretch

1:20-3:00 (Technique Session #7):

Clinician Clinic

3:00-3:40 (Live Drill):

Drill New Technique/ Live Scenarios

3:40-4 PM (Reflection):

Questions and Answer with Clinician

Thursday (7/24/25)- Upper Weight Clinic:

8:30-8:50 (Warm-Up):

Warm-up, Drill & Stretch

8:50-10:20 (Technique Session #3):

Clinician Clinic

10:20-10:50 (Live Drill):

Drill New Technique/ Live Scenarios

10:50-11 AM (10 Mins):

Water/ Stretch BREAK

11:00-12:30 PM (Technique Session #4):

Clinician Clinic

12:30-1 PM (Live Drill):

Drill New Technique/ Live Scenarios

1:00-1:55 PM (55 Mins):

NUTRITION BREAK (Lunch)

2:00-2:20 PM (Warm-Up):

Warm-up, Drill & Stretch

2:20-3:50 (Technique Session #5):

Clinician Clinic

3:50-4:20 (Live Drill):

Drill New Technique/ Live Scenarios

4:20-5 PM (Reflection):

Questions and Answer with Clinicians

Saturday (7/26/25)- Mystery Clinician:

9:00-9:20 (Warm-Up):

Warm-up, Drill & Stretch

9:20-11:00 (Technique Session #8):

Clinician Clinic

11:00-11:30 (Live Drill):

Drill New Technique/ Live Scenarios

11:30-Noon (Reflection):

Questions and Answer with Clinician



Dream to Achieve!

Learn, Have Fun, & Win!