

Girl's Summer Wrestling Camp

June 18, 2026



Redwood Wrestling Club Girls take home 2nd place as a team in addition to SIX bracket champions this Spring! Front Row: Lillyanne Ridenour, Kiarra Bates Back Row: Kali Martin, Ava Beers, Vandelea Evans, and Addie Kannika



CRESCENT CITY, CA — Redwood Wrestling Club is giving young female athletes a special opportunity this summer with a Girls Wrestling Camp featuring guest instructor Niya Teresita Gaines, an experienced wrestler and current Fort Hays State University Assistant Coach.

The camp will take place June 27–28, 2026, at 1545 California Street in Crescent City. The event is open to girls 8U+ and is designed to help youth wrestlers build skills, confidence, and a stronger understanding of the sport.

Gaines brings an impressive wrestling background to the camp. Her accomplishments include being named a 2025 Senior Nationals All-American, a 2022 Nationals Finalist, a 2022 U23 Runner-Up, and a three-time World Team Trials All-American.

As someone who has competed at a high level and now coaches, Gaines will be able to share both technical instruction and real experience with the athletes attending.

The camp will give local girls the chance to learn from a woman who has been where many young wrestlers hope to go.

Organizers say this type of opportunity is important because young athletes do not always get access to elite-level instruction from female wrestlers and coaches who understand their journey.

Sessions will run on both days from 10 a.m. to noon and 12:30 p.m. to 2:30 p.m. Participants are asked to bring their own lunch, and your USA Wrestling Card is required.

Registration for the camp is \$80, and families can sign up by scanning the QR code on the event flyer or going to the Redwood Wrestling Club Facebook page for more information.

Redwood Wrestling Club hopes the camp will inspire more girls in the community to get involved in wrestling, continue improving, and see what is possible through hard work, dedication, and strong coaching.