

Wrestling Camp Information Sheet

Dear Parent and Wrestler:

Please have the two forms filled out and with you on the day we go to camp (or before). *You will not be able to go without it!!* We will meet at 10:30 a.m. on July 10th (for high school wrestlers and middle school wrestlers) and depart around 11:00. We will return on July 13th between 1 and 2 p.m.

Listed below are items that you will need to bring to camp. Keep in mind that you will be going to three sessions a day. ***Bring plenty of socks, underwear, gym shorts, and t-shirts.***

- *bed linens (sheet, pillow, blanket)
- *towels (2 or 3)
- *soap, wash cloth, shampoo, deodorant, toothpaste, etc.
- *wrestling shoes & wrestling singlet (if you have one)
- *socks, underwear, gym shorts, t-shirts
- *laundry bag/trash bag for dirty clothes
- *spending money (pizza at night, dinner on the first night and breakfast on the last day)
- *snacks
- *leave valuables at home

Typical Day at Camp

6:30	Wake up
6:45-8:15	Breakfast
9:00-10:30	Instructional Session
10:30-11:30	Team Dual Match
11:30-1:30	Lunch
1:30-3:00	Instructional Session
3:00-4:00	Team Dual Match
4:30-6:00	Dinner
7:00-8:30	Instructional Session
8:30-9:30	Team Dual Match (some nights we will have 2 dual meets)
11:00	Curfew & Lights out.