June, 2015

Hello Campers and Parents:

On behalf of the Whitewater coaching staff and the Warhawk wrestling family, we are excited to have you at the 2015 Rookie Resident Wrestling Camp at UW-Whitewater. Our staff is excited to develop your technical and competitive skills. We will use one-on-one hands-on instruction, combative wrestling drills, and individual feedback to maximize your experience.

**Location:**

_Williams Center_

907 Schwager Dr, Whitewater, WI 53190

(262) 472-1544

**General Information:**

When you arrive at the Williams Center you will check in at the upstairs lobby. Wrestlers will need to arrive on campus Monday from 12:30 - 2:00 p.m. for check-in. We will have water available during the practices and breakfast, lunch, and dinner will be provided. Also we recommend that you bring headgear and a mouth guard for added protection.

**What to bring**

Wrestling shoes, head gear, mouth guard, shorts, swim trunks, T-shirt, water bottle, soap, and towel.
Camp Schedule:

Warhawk Rookie Resident Wrestling Camp

July 6th
- Registration from 12:30 - 2:00pm
- Session #1: 2:15 - 4:15pm
- Dinner: 4:30 - 6:00
- Session #2: 6:15 - 8:15pm (Wrestling Room)
- Free time 8:15 - 9:15pm
- Lights out 11:00pm

July 7th
- Morning Run 6:00 - 7:00am
- Breakfast 7:00 - 8:15am
- Session #3: 9:15 - 11:15am (Wrestling Room)
- Lunch 11:30 - 1:00pm
- Session #4: 2:15 - 4:15pm (Wrestling Room)
- Dinner 4:30 - 6:00pm
- College Guys Workout 4:00 - 5:15pm (Wrestling Room)
- Session #5: 6:15 - 8:15pm (Wrestling Room)
- Free time 8:15 - 9:15pm
- Lights out 11:00pm

July 8th
- Morning Lift 6:00 - 7:00am (Weight room)
- Breakfast 7:00 - 8:15am
- Session #6: 9:15 - 11:15am (Wrestling Room)
- Lunch 11:30 - 1:00pm
- Session #7: 1:45 - 3:15pm (Wrestling Room)
- Checkout: 3:15 - 4:30pm
Dear Parents:

Thank you for permitting your wrestler the opportunity to attend the 2015 Warhawk Rookie Resident Wrestling Camp at UW-Whitewater. Here is some information for the upcoming camp on July 6-8.

STAFF: The staff of instructors has been personally selected by our coaching staff. These men are current staff members and wrestlers for the UW-Whitewater Wrestling team, your wrestler will benefit greatly from the time spent with them at camp. We will provide supervision in all activities. Our goal is for each child to learn new techniques and life skills while enjoying the wrestling camp. We will be implementing a multitude of drills and skill games to help these young wrestlers.

HEALTH SERVICE: Should your child require medical attention, an assessment will be made by the camp health supervisor and appropriate measures will be taken. Be sure to have filled out the HealthEcamper online Health Form. Campers will not be allowed to participate in camp activities without this form. You will be emailed a link to access this form.

INSURANCE: Insurance coverage is included in your registration fee and will cover you ONLY WHILE YOU ARE ON CAMPUS AND FOR CAMP RELATED ACTIVITIES. You are not covered while traveling to and from camp.

FOOD SERVICE: During the camp, your child will receive dinner on the first day. The second day they will receive breakfast, lunch, and dinner. On the last day of camp they will receive breakfast and lunch.

DISCIPLINE: Our camp is designed for young wrestlers to appreciate the best that our sport has to offer. They will have one-on-one involvement with our staff. It is our desire that the camp will be both educational and enjoyable. However, misbehavior and misconduct will result in discipline—we will send campers home if necessary.

Thanks for the opportunity you have given us to work with your child—please don’t hesitate to call with questions: 262-472-1867.

Respectfully,

Keep Going!!

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