



CAMP SPECIFIC INFORMATION

Camp Objective

WolfPack Wrestling Camps are committed to providing you with the most critical aspects of successful wrestling. From basic fundamentals to advanced college-level skill development. This camp is designed to maximize your wrestling ability, and increase your scoring potential.

Two technique sessions per day led by the best Minnesota Wrestling has to offer will help you understand the physical and mental skills needed to become a champion. Live wrestling and Tournament Sessions will also be offered each day along with additional topics of strength and conditioning training, motivational instruction, as well as nutrition and mental discipline.

Facilities and Location

This year, WolfPack Wrestling Camp South will be held at Faribault Middle School, located at 704 17th Street S.W., Faribault, MN 55021 (see enclosed map). Camp sessions will be held in the main gyms on enough mats to accommodate numbers. Campers will also have access to games, fields for activities and an activity course.

Lunch and Snacks

Lunch and snacks are the responsibility of each camper. Please bring a small cooler for the day with your food and snacks. We will provide Gatorade thought the entire camp. **The last day of the camp, Thursday, June 25th, WolfPack Wrestling Camp will provide pizza for all campers during the lunch hour.**

Supervision and Rules

Participants will be supervised during all camp times. Campers will be required to attend all assigned activities and instruction sessions. Those enrolled in the camp must comply with all rules and regulations governing conduct while at camp. Any violation or abuse of these rules will cause immediate dismissal from camp without a refund.

Medical and Health Insurance

We will use every precaution to prevent accidents. We do not, however, assume any responsibility for medical, dental, or other expenses incurred as a result of accidents. A parent or guardian must sign the application form before the participant will be accepted into the camp. No one will be admitted to the camp without a signed release and a given insurance policy number as well as a completed and signed Medical Authorization Form.



CAMP ITINERARY

Monday, June 22nd

8:15-9:00 Drop-off & Registration
9:00-11:30 Technique Session #1
11:30-12:00 Lunch
12:00-1:00 Activity
1:00-3:30 Technique Session #2
3:30-5:00 Live Wrestling & Competition
5:00 Pick-up

Wednesday, June 24th

8:30-9:00 Drop-off & Registration
9:00-11:30 Technique Session #5
11:30-12:00 Lunch
12:00-1:00 Activity
1:00-3:30 Technique Session #6
3:30-5:00 Live Wrestling & Competition
5:00 Pick-up

Tuesday, June 23rd

8:30-9:00 Drop-off & Prepare
9:00-11:30 Technique Session #3
11:30-12:00 Lunch
12:00-1:00 Activity
1:00-3:30 Technique Session #4
3:30-5:00 Live Wrestling & Competition
5:00 Pick-up

Thursday, June 25th

8:30-9:00 Drop-off & Registration
9:00-11:30 Technique Session #7
11:30-12:00 Lunch (Pizza Party)
12:00-1:00 Activity
1:00-3:30 Technique Session #8
3:30-5:00 Live Wrestling, Competition,
T-Shirts & Awards
5:00 Pick-up

What to Bring

Each wrestler is expected to supply.

- T-Shirt (2 or 3 shirts per day)
- Shorts (2 per day)
- Wrestling Shoes
- Head Gear
- Running (Gym) Shoes
- Cooler for Lunch and Snacks (We will provide pizza the last day of camp.)
- Towel and Toiletries
- Great Attitude for the Sport of Wrestling!!!

*WolfPack Wrestling... Learning to Wrestle Minnesota Style!
WolfPack Wrestling... Winning Minnesota Style!!*