# Rocky Mountain Wrestling Camps 2018 - Western State Colorado University

The Dragon Wrestling team will be attending a team summer camp once again this June! This year we will be traveling to beautiful Gunnison, Colorado and Western State Colorado University for their "slate" team camp, June 18<sup>th</sup>-21<sup>st</sup>. With travel, our trip will be June 17<sup>th</sup>-22<sup>rd</sup>. This camp is open to all of our wrestlers (as transportation space allows) at the high school level, as well as incoming 8th graders. We will form teams to compete in dual meets throughout camp. This is a great camp for learning new technique and gaining valuable mat experience in a fun, team-oriented environment. Not only is this a great wrestling experience, but a great opportunity for team bonding! We have the options to go fishing, rafting, hiking & camping while we are in Colorado. This camp is really the whole package and an experience our wrestlers will carry with them forever!

**Total Cost for Entire Trip: \$420/wrestler** includes camp registration, meals & lodging while at camp & transportation to and from camp. \*If we choose to go rafting as a group, this usually runs an additional \$40/wrestler.

- \$255- Camp registration paid directly to camp by April 15<sup>th</sup>, registrations after April 15<sup>th</sup> will be charged a \$20 late fee (Pay online @ <a href="www.westernstatewrestling.com">www.westernstatewrestling.com</a> or by mail directly to the camp)
- \$165- Transportation check paid to <u>SWC</u> & mailed to (DUE FRIDAY MAY 1<sup>st</sup>):

  POC Name: Robbi Vincent Address: 401 N Carroll Ave Box 127, Southlake, TX 76092

Registration for Camp: All wrestlers are responsible for registering themselves for camp. You can do this online through the camp website or by mailing your registration directly to the camp. Our coaches will not be handling any funds for camp registration. The cost to register is \$255/wrestler (if paid prior to April 15th) and we are attending the 4-day Slate Team Camp. You can register online or download a registration form at <a href="https://www.westernstatewrestling.com">www.westernstatewrestling.com</a>. Once you have registered with the camp, please email a member of the coaching staff to confirm you have registered so we can keep an accurate count for transportation.

**Transportation:** We will be traveling in rental vehicles as a group. We will be restricted to the number of seats/drivers we have available, so reserve your space early! On the first day we will travel to Raton, NM and stay overnight. Following the completion of camp, we will be staying at a campground before returning home on June 22nd.

**Supervision:** We will have both coaches and parent chaperones attending camp with our wrestlers. In addition to this, all campers stay in the college dorms which are supervised by the college and camp staff.

**Team Camp vs. Individual Camp:** This is a team camp, which means we will be competing in dual meets with other camps teams. This style of camp is less based around learning technique and more focused on competition and live wrestling. We will be hosting our camp at CHS prior to team camp to help provide more technique instruction for our wrestlers.

**Southlake camp & Colorado team camp:** It is highly suggested that all wrestlers in our program attend the technique camp hosted at CHS. This is especially true for the wrestlers attending the team camp. The technique camp is a great preparation tool prior to the team camp. Wrestlers that are prepared to attend team camp get much more out of the experience! You can register for this camp at <a href="https://www.southlakewrestlingcamps.com">www.southlakewrestlingcamps.com</a>.

**Summer School:** Wrestlers that are planning to attend CISD summer school this year will need to look at the summer schedule once it is released. Often camp will fall during one session and possibly both sessions of summer school. Please look into this and plan accordingly.

## Rocky Mountain Wrestling Camps 2018 – Western State Colorado University

## SLATE TEAM CAMP June 18-21 (Mon-Thur)

We believe we run best team camps in the country. We have the best facilities and most organized camp staff for you and your team's camp experience. Last years' team camps had over a 100 High Schools from 12 different states grace the campus of Western State Colorado University. We work very hard to help your team develop as they compete in a competitive and fun atmosphere throughout the camps. Our brand new \$30 million field house can host up to 26 wrestling mats which provides tremendous space and a great competition environment for all.

Our team camps are designed to get 16 duals of great competition mat time for your wrestlers with options to take advantage of our mountain resources and team-building by taking your team white water rafting **or** gain improvement in your wrestlers and team's technique by attending the technique session offered.

\*\*Individuals are welcome and will be drafted on to other teams.

### **Tentative Camp Schedule:**

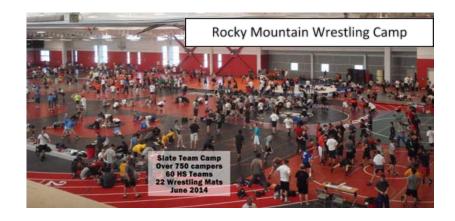
### Day 1

Check-in - Noon-3:00pm - **Dinner on your own.** 

6:00pm –Coaches meeting 6:30pm – Camp Orientation 7:00pm-9:30pm – TEAM DUALS 10:30pm Lights out

### Day 2

7:00am-8:15am Breakfast 8:30am-11:30pm – TEAM DUALS 11:30-1:00pm Lunch 1:30-4:30pm – TEAM DUALS 4:45pm-6:00pm – Dinner 6:30pm-9:30pm –TEAM DUALS 10:30pm Lights out



## Day 3

7:00am-8:15am Breakfast 8:30am-11:00am – TEAM DUALS 11:20-1:00pm Lunch

1:30-4:30pm – Technique or Recreation (Teams Choice)

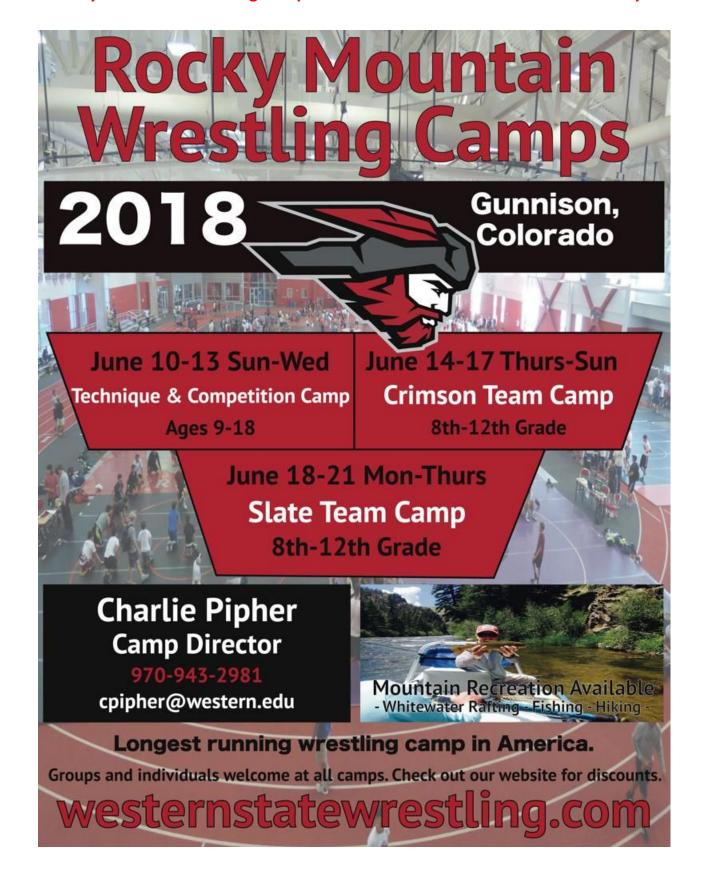
4:45pm-6:00pm - Dinner

6:30pm-9:30pm 1 Dual and 1 special all-star dual of the top selected wrestlers after the Friday morning session. Each wrestler selected to the all-star will receive a special t-shirt.

#### Day 4

7:00am-8:00am Breakfast at Mountaineer Field House 8:00am-11:00am TEAM DUALS –Championship Finals 11:00am-Noon-Checkout





## Rocky Mountain Wrestling Camps 2018 – Western State Colorado University

#### Sunday June 17th

9:00 am Arrive @ CHS/Load vehicles

10:00 am Depart for Raton, NM (Travel time approx. 8 hours)

6:00 pm Check in to hotel (Microtel Inn & Suites by Wyndham, 1640 Cedar Street Raton, NM 87740)

7:00 pm Team Dinner

10:00 pm Lights out

#### Monday June 18th

6:00 am Wakeup call

6:30 am Meeting in hotel lobby

7:00 am Depart for Gunnison, CO (Travel approx. 4-5 hours)

12:00 am Arrive in Gunnison, CO/Check into camp

#### **Tentative Camp Schedule:**

#### Day 1

Check-in - Noon-3:00pm - Dinner on your own.

6:00pm -Coaches meeting

6:30pm - Camp Orientation

7:00pm-9:30pm - TEAM DUALS

10:30pm Lights out

#### Day 2

7:00am-8:15am Breakfast

8:30am-11:30pm - TEAM DUALS

11:30-1:00pm Lunch

1:30-4:30pm - TEAM DUALS

4:45pm-6:00pm - Dinner

6:30pm-9:30pm -TEAM DUALS

10:30pm Lights out

#### Day 3

7:00am-8:15am Breakfast

8:30am-11:00am - TEAM DUALS

11:20-1:00pm Lunch

1:30-4:30pm - Technique or Recreation (Teams Choice) \*\*\*Rafting on the Taylor River 12:45-4:30 pm\*\*\*

4:45pm-6:00pm - Dinner

6:30pm-9:30pm 1 Dual and 1 special all-star dual of the top selected wrestlers after the Friday morning session. Each wrestler selected to the all-star will receive a special t-shirt.

#### Day 4

7:00am-8:00am Breakfast at Mountaineer Field House

8:00am-11:00am TEAM DUALS - Championship Finals

11:00am-Noon-Checkout

12:00 pm Depart Gunnison for campground

3:00 pm Arrive at Great Sand Dunes National Park Campground

3:00-5:00 pm set up camp

5:00-7:00 pm free time

7:00 pm Dinner

8:00-10:00 pm free time/Lights out

### Thursday June 22<sup>nd</sup>

7:00 am Wake up/Breakdown camp/Load vehicles/Depart for Southlake, TX

7:00 pm Arrive in Southlake, TX

What to bring: Casual clothes, 6 pairs of workout clothes, wrestling shoes, running shoes, laundry bag, laundry soap, swim suit, sleeping bag, pillow, towel(s), tent (for camping), flashlight, personal hygiene items, water bottle, and \$ for camp store/meals during travel.