

2009

**SOUTHERN PLAINS
KIDS/CADETS&JUNIORS**

FREESTYLE & GRECO

WRESTLING CAMP

JUNE 7th-10th

TEAM KANSAS CAMP

CAMP DIRECTOR

Kyle Roberts

620-617-8627

kroberts@usawks.com

ASSISTANT DIRECTOR

David Langley

rockl@swbell.net

Camp Housing

Campers will be housed in residence halls at Ft. Hays State, Hays, KS. **Linens and towels are not provided.** Campers need to provide their own linens, or sleeping bag, towels and toiletries. Wrestlers also need to bring 3 sets of clean wrestling gear for each day, along with running shoes. Coin laundry facilities available on site.

Coaches/Parents are welcome to attend at a reduced rate.

Wrestlers are responsible for their meals and lodging after Wednesday night, June 10th.

There will be an "Early Bird" Registration discount of **\$50** for entries received before May 9th, 2009.

**CAMP FEE, REGISTRATION
AND TOURNAMENT ENTRY
CONFORMATION MUST BE
RECEIVED BY MAY 30, 2009**

Application Form-Complete front and back. Cut and mail to the address on the reverse side.

Circle below

Resident	\$275.00
Commuter	\$205.00
Coach/Parent	\$110.00

If you have a preference for roommate(s), list their name below (there will be 2 wrestlers in each room). We do not guarantee that all will be honored and may change room assignments without notice at our discretion.

Roommate preferred _____

**2009 Southern Plains
Kids Cadets & Juniors
Wrestling Camp
June 7th-10th
Fort Hays State
University**

Head Coach:

Joe Renfro

Assistants

Chas Thompson	Tyler Gonzales
Brandon Jobe	Danny Grater
Andy Albright	Martin Segovia

Check-In

Sunday, June 7th 11:00-1:00 at FHSU, 600 Park Street St., Hays, KS. Meal will be provided on Sunday night. There will be a team meeting at the Residence Hall at 2:00 p.m.

Cost

Resident \$275.00
Commuter \$205.00
Coaches/Parent \$110.00

**Southern Plains Regional Championship
Tournament entry form must accompany
this camp application form.**

All campers will have their Southern Plains Tournament entry fee paid.

Eligibility & Insurance:

Each camper must have a USA Wrestling card for insurance. This is a USA Wrestling sanctioned event. **The camp is open to all wrestlers born prior to 2001.**

Daily Schedule

WAKE UP 7:00 a.m.
RUN 7:10 a.m.
BREAKFAST 7:45 a.m.
FIRST SESSION 9:00 a.m.-11:00 a.m.
LEISURE TIME & LUNCH .. 11:00 a.m.-2:00 p.m.
SECOND SESSION 2:00 p.m.-4:00 p.m.
DINNER 5:00 p.m.
THIRD SESSION 7:00 p.m.-9:00 p.m.
ROOM CHECK 10:00 p.m.
LIGHTS OUT 10:30 p.m.

This schedule may change to accommodate the college cafeteria.

Practices will be a combination of technique, conditioning and live wrestling.

Wrestlers are to be on time to all practices and are expected to participate in all training activities.

Wednesday, June 10

Will be the last day for practice and meals. Parents may pick up wrestlers Wednesday night or Thursday morning. All wrestlers must be checked out by 8:00 a.m. Thursday.

Thursday, June 11

Optional work-out and check weight 9:00 a.m.

Register and weigh-in 1:30 p.m.-2:30 p.m.

Greco Begins 5:30 p.m.-9:00 p.m.

Friday, June 12

Freestyle Starts 3:00 p.m.-7:00 p.m.

Saturday, June 13

Freestyle continues until concluded.

Name _____ Birthdate _____ T-shirt Youth: M L Adult : S M L XL XXL
Address _____ City _____ State _____ Zip _____
Parent/Guardian _____ Email address _____
Home Phone _____ Emergency Phone (_____)

All participants in the camp will be covered by a secondary accident insurance policy provided by USA Wrestling. I hereby authorize the staff of the camp to act for me, according to their best judgment in any medical emergency and I hereby waive and release said camp from any and all liability of injuries or illness incurred while at camp.

Parent/Guardian Signature _____
Insurance Co./Policy # _____

2009 USA Wrestling Card # _____
Send camp application and tournament entry form to: **David Langley 224 Mockingbird Ln, Newton KS, 67114**