

Oregon Girls National Wrestling Team Fargo 2015

Sunday, July 12: Camp Check in 2:00 PM: Elmira HS

Monday-Wednesday, July 13-15: Training

Thursday, July 16: Depart for Fargo

Friday, July 17: Arrive Fargo

Saturday, July 18: Cadet Women's Tournament

Sunday, July 19: Training

Monday, July 20: Junior Women's Nationals

Tuesday, July 21: Junior Women's Nationals

Wednesday, July 22: Return to Oregon

Thursday, July 23: Arrive Home

Items for camp:

- Sleeping Bag
- Towels' and toiletries
- Plenty of workout gear
- Laundry Soap
- Swimming gear one of which must be one piece suit for water workout
- Running and wrestling shoes

Items for Fargo

- Team Gear: Singlet, T-Shirt. Have good pair of shorts that you can warm up in.
- Workout gear for training in Fargo
- Clothes for 5-6 days. Pack light we won't have much luggage room in van.
- Money for food while in Fargo and traveling to and from there.

Please send \$200 deposit by June 1st.

Oregon Women's National Team

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Questions email or call Scott Shannon

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