

TRAIN WITH THE BEST

2016 MN/USA Wrestling Junior National Training Camp Official Invitation

(PLEASE READ COMPLETELY)

You are hereby invited to attend the MN/USA Junior National Training Camp. You may choose to compete in either style and attend that particular camp where you will have the opportunity to earn a spot on the state roster. Everyone who wants to compete at the Junior National tournament in Fargo, ND must attend a camp. All spots on the national team are earned at camp by hard work. Please indicate on your registration form which camp and style(s) you wish to compete. All wrestlers must still adhere to all individual state association policies in order to be entered into the tournament on the MN/USA roster. You cannot register individually for this tournament; you MUST be on the state roster. For Men's Freestyle and Greco-Roman, each state may enter a maximum of forty-five (45) wrestlers in each style and a maximum of four (4) wrestlers in any one (1) weight class, per style. Please note that this does not automatically mean we can enter 4 wrestlers at every weight. And those earning a USA roster exemption by finishing in the top 4 at a USA Wrestling Junior Regional National Tournament do not count against these numbers.

All wrestlers, including Auto Qualifiers must attend a camp in order to compete at the tournament. The MN/USA National Qualifier letter will explain the criteria for wrestling at Fargo. If you are unable to access the document by clicking on the link, the document is also on the website within the Division tab, then Junior. Camp Check in/Check out information:

Greco Camp will take place Thursday July 7th to Monday, July 11th at Augsburg College. This year's Greco Co-Head Coaches are Dudley Flodeen and Champ Hesch along with MN/USA State Greco-Roman Coach Dan Chandler. Check in will be at Anderson Hall at 1:30 p.m. Thursday July 7th. Check out from the dorms will be approximately 8:00 am on Monday morning July 11th from Anderson Hall with practice going through the afternoon (determined at camp). There are no guarantees for a spot on the Freestyle team, unless you meet the criteria above. Departure for Fargo for those wrestlers that have made the team will be on Sunday July 17th from Augsburg, at various sites and times to be determined at camp.

Freestyle Camp will take place from Monday, July 11th to Friday July 15th at Augsburg College. This year's Freestyle Co-Head Coaches are Heath Bakken and Joe Block along with MN/USA State Freestyle Coach Jayson Ness. Check in will be at the Anderson Hall at 1:30 pm Monday July 11th. Check out from the dorms will be approximately 8:00 am on Friday, July 15th with practice going through the afternoon (determined at camp). Departure for Fargo will be on Wednesday July 20th at various sites and times to be determined at camp. The coaching staff for both camps is the nation's best!

The cost of a single style of camp will be **\$500.00 pre-registered. There is a \$50 cash penalty fee added if you do not pre-register for camp and there are no guarantees for a spot at camp; it depends on if there are still rooms available.** There is no additional fee collected if you are selected to compete at the National tournament (other than you will need food/spending money at the tournament). Please fill out the waiver form http://www.themat.com/events/Release_Waiver.pdf along with registering on TrackWrestling.com and bring the forms to camp check-in. All wrestlers eligible and planning to compete in both styles please notify us when registering on Track and select the Cross-Over option with the additional **payment** of **\$150.00**. If selected to crossover, the **\$150.00 crossover fee** will become non-refundable. The only case in which the crossover fee shall be refundable is if you are red-carded at the Greco tournament due to an injury. In addition to the camp fee, each athlete will be required to leave a **\$25.00 cash deposit** at the time of check-in. This fee will be refunded if there is no damage to the room and all keys are turned in. For those of you that go to Fargo, the refund will be after hotel check out, for those not competing in Fargo, the refund will be after checkout of the dorm. It will be your responsibility to request the refund **before** you leave Fargo if you are selected for the team or **before** you leave Camp if you are not selected for the team.



Please come to camp in good condition. This is an intense camp to prepare you for the National Tournament. If you come in good shape, then the coaching staff will be able to lighten your training as the camp progresses. As always, our goal is to have as many All-Americans and National Champions as possible and win the overall team title which we have done numerous times. The coaching staff will make all final decisions as to who makes the team. Please make sure you have all skin diseases under control, as we cannot jeopardize other wrestlers' health during camp. If you're being treated for any skin condition, please bring a doctor's permission slip for our camp doctor to review. Our camp doctor makes the final decision on whether you are able to compete or practice based on ANY medical condition including but not limited to skin diseases and concussions. See the MN/USA web site for other medical recommendations. Bring plenty of work out gear, as we have up to 3 practices per day and you must have clean gear for each session. Coin operated washing machines are available.

Travel Information: We will taking a bus to Fargo and will be staying at the C'mon Inn located at 4338 20th Ave. SW in Fargo. The phone number is 701-277-9944. Greco wrestlers travel to Fargo on Sunday July 17th, and those choosing to ride back in the bus will return Tuesday July 19th. Freestyle Wrestlers will travel to Fargo on Wednesday July 20th and those choosing to ride back in the bus will return Saturday July 23rd. We will stop approximately one hour north of Minneapolis to allow wrestlers to call parents for rides home if needed.

NOTICE TO PARENTS: Wrestlers are expected to behave in a manner that meets MN USA Wrestling's high standards. Any behavior that is deemed unacceptable will result in a bus trip home at the expense of the parents. See parent consent when registering on Track.

LIST OF THINGS TO BRING TO CAMP:

BE IN GOOD PHYSICAL SHAPE!!

BRING THE RIGHT ATTITUDE!

___ MONEY FOR DEPOSIT - \$25 Cash (please bring it in an envelope with your name on it)

___ LINENS (SHEETS/BLANKET) AND PILLOW

___ ALARM CLOCK

___ WORK OUT GEAR – 1 CLEAN SET FOR EACH PRACTICE

___ SOCKS, UNDERWEAR, WRESTLING SHOES, HEADGEAR

___ CLOTHES FOR NON-WRESTLING TIME

___ GEAR BAG

___ TOWELS

___ RUNNING SHOES

___ SOAP AND PERSONAL CARE ITEMS

___ MONEY FOR MEALS IN FARGO

___ EXTRA SPENDING MONEY

___ COMPLETED WAIVER FORM. It can be found at http://content.themat.com/events/Release_Waiver.pdf (it is two pages, please print and sign both pages).

Please do not bring more than necessary, as space in the bus will be limited. You may wish to have your extra gear picked-up before the departure to Fargo. Also, please do not bring valuable items with to camp or Fargo as MN USA Wrestling will not be responsible for lost or stolen items.

The coaching staff is looking forward to working with you!

Please complete the online registration by June 30th. Contact Champ Hesch at 218-821-7842 or champhesch@hotmail.com or Mike Schauer at 218-259-1220 or schauerconcrete@yahoo.com.

<http://www.trackwrestling.com/registration/BasicPreReg1.jsp?tournamentGroupId=235049009>

