

## Girls Team Washington Fargo Camp

Wednesday July 8th - Thursday July 16th

Crockett Training Facility - 42112 NE Munch Road 98601 360-263-4947

**This camp is only open to Cadets & Juniors that are on 2015 Girls Team Washington and competing in the National Tournament**

Training will be Wednesday July 8th - Wednesday July 15th  
Camp clean-up, laundry and packing will be done on Thursday July 16th  
Girls Team Washington travels to Fargo on Friday July 17th from Portland International Airport

You have the option to arrive Tuesday evening, but you must be ready to train by Wednesday morning at 7:00 a.m.

**Camp Cost is \$50.00 please make checks payable to Southwest Washington Wrestling Club**

For the third year in a row our Fargo National Team training camp will be held at the home and training facility of Girls Team Washington Head Coach Merle Crockett and his wife Madeline in Amboy, Washington.

There are some beds available in the house and the sleeping loft above the wrestling room but those are available on a first come, first serve basis. Get there early! If you do not seize a bed you will be sleeping in a tent or air mattress on the mats that YOU provide.

Amboy is a beautiful area but it does not have strong mobile phone service, so please keep that in mind if you are trying to reach your wrestler or the coaches (the number above may be used if you experience problems).

The national tournament requires each athlete to be in top physical condition. If you come to our training camp out of shape and overweight you will not be training for a national tournament, you will be struggling. Last year, many of our athletes commented on how good their conditioning was compared to their opponents and it showed. Our girls were pushing the physical pace the entire tournament.

**Do not come to camp with weight problems.** Using the camp to get your weight under control is a recipe for failure. Each year girls make this mistake and each year they suffer the consequences either in performance or in missing their weight class. It is our recommendation that you do not come to our training camp more than 6 lb. over your competition weight.

## Camp Packing List

- Sleeping bag, extra blanket, pillow, air mattress (if you have one), tent (if you have one)
- 3-4 towels. You are training several times a day and showering after each session. One towel will not be enough to get through the week with good hygiene.
- shampoo, conditioner, toothbrush, toothpaste, contact lens solution. DO NOT BRING BEAUTY PRODUCTS.
- plenty of antibacterial soap and a small bottle of hibiclens, which can be purchased over the counter.
- We have 4 training sessions a day. You must bring enough workout gear for all these sessions. Wearing dirty clothes is not an option as it increases the risk of skin infections.
- The temperature gets cooler at night and in the early morning. Bring a set or two of warm clothing for those cooler hours.
- If you have a favorite healthy snack, energy/protein bar, energy drink or recovery shake powder, etc. bring enough for several days of training. We will not be offering specialized nutritional items. Items you bring must NOT require refrigeration.
- If you have a food allergy or other dietary restrictions, please bring specialized food that is safe for you for the entire camp.
- running shoes (two pairs if you have them), wrestling shoes (2 pairs if you have them), knee pads, knee braces, head gear and mouth guards.
- swimsuits, sunscreen, flip flops, sunglasses for our trips to the lake.
- prescription medications (epi pens, inhalers, etc.)
- flashlight or headlamp
- feminine products a
- plenty of hairbands

Ladies, we remain on the property during the entire camp. If it's not on this list don't bring it. Leave everything else at home, you don't need it. This is a training camp, not a vacation. Your down time will be spent showering, eating, cleaning-up after meals and resting for the next training session. In order to compete like top athletes we must prepare like one.

A washer and dryer is available and running around the clock.