



Lions Wrestling **Team Camp** Information Sheet.
Wednesday, June 25 – Saturday, June 28.

I would like to call a few things to your attention regarding the **TEAM CAMP**.

1. This is a competition camp and it is recommended that you be in physical condition to wrestle when you come to camp.
2. Bring a pillow, sheets, towels, etc... **NO LINENS ARE SUPPLIED**. Bring toilet articles including soap. Also bring a small fan for your room.
3. Bring any kind of wrestling workout clothing, a swim suit, and informal clothing for dining. Shoes and a shirt must be worn in the dining hall. Head gear must be worn during all competition.
4. Registration will take place on **Wednesday, June 25th from 10:00-1:00** in the Cromwell Lounge.
5. Please complete and return the enclosed health and medical form with your balance due by **June 10th**. Mail to:

**LIONS WRESTLING CLINIC
THE COLLEGE OF NEW JERSEY
PO BOX 7718
EWING, NJ 08628-0718**

6. Your balance must be **paid in full** before beginning camp. Your balance due is \$375.00 minus your deposit.
7. Each camper **must bring a \$20.00 CASH ONLY** key deposit to registration. This will be refunded when the key is returned at check out.
8. Checkout will be from **3:00-5:30 on, Saturday, June 28th** in Cromwell Lounge.
9. This year the camp will use fourteen National High School weights, 103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 275. There will be one weigh-in on Sunday that will count for the entire week (no weight allowances).
10. All Brute/Adidas wrestling products will be on sale at the camp store at discount prices. If you want a particular item, please let us know and we will have it for you at check in. You may view their products on: www.totallywrestling.com.
11. Please feel free to call if I can be of any assistance.

David B. Icenhower
Clinic Director
609-771-2227