



## Lions Wrestling **Youth Camp** Information Sheet

I would like to call a few things to your attention regarding the **Youth Commuter Camp**, which runs **Monday, July 21- Thursday, July 24**.

1. Youth Camp will start at **9:00am on Monday, July 21**.
2. Each day there will be two wrestling sessions. Wrestling sessions run at 9:00 and 1:00 daily. There will also be swimming and other activities each day. Lunch will be provided in the TCNJ cafeteria.
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 **Monday, July 21 from 9:00-9:30** in the **Student Recreation Center**.
5. Please complete and return the enclosed health and medical form with your balance due by **July 10<sup>th</sup>**. 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. The balance will be \$275.00 minus your deposit.
7. Camp will end at **3:00 on Thursday, July 24** at the Recreation Center.
8. 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](http://www.totallywrestling.com).
9. Please feel free to call if I can be of any assistance.

David B. Icenhower  
Clinic Director (609)-771-2227