

TRAIN WITH THE BEST

2016 MN/USA Wrestling Cadet National Training Camp Official Invitation (PLEASE READ COMPLETELY)

You are hereby invited to attend the MN/USA Cadet National Training Camp. You may choose either style to compete in. There are no guaranteed spots on the teams, unless you are a returning All-American or unless you finished in the top 4 at a USA Wrestling Cadet Regional National Tournament. Spots on the national team are earned at camp by hard work. Please indicate on your Track Wrestling registration entry which camp and style (or styles if both) you wish to compete.

Camp Check in/Check out information: The Cadet Greco Camp will take place Thursday July 7th to Monday, July 11th at Augsburg College. This year's Cadet Greco Head Coach is Adam Thronson. Check in will be at Anderson Hall at 1:00 pm, Thursday July 7th. Check out will be approximately 8:00 a.m. on Monday morning July 11th (determined at camp) from Anderson Hall for those competing in Greco only. For those individuals who registered to compete in both Greco and Freestyle, check out will be approximately 8:00 am on Tuesday morning, July 12th with practice going until about noon (to be determined at camp). This will provide a day of Freestyle practice for those wrestlers. This does not guarantee you a spot on the Freestyle team, (unless you meet the criteria above), wrestlers will be notified at the end of Freestyle Camp as to who will be competing in Freestyle. Departure for Fargo for those wrestlers that have made the Greco team will be on Saturday July 16th from Augsburg, and at various sites and times to be determined at camp.

The Cadet Freestyle Camp will take place from Monday, July 11th to Friday July 15th at Augsburg College. This year's Cadet Head Freestyle Coach will be Justin Koob. Check in will be at the Anderson Hall at 1:00 pm Monday July 11th. Check out will be on Friday morning July 15th at approximately 8:00 a.m. with practice going until about 2 p.m. (determined at camp). Departure for Fargo will be on Tuesday July 19th at various sites and times to be determined at camp.

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 needing spending/food money at the tournament). Please register online at the following link on TrackWrestling.com no later than Friday, July 1st. All wrestlers requesting to participate in both styles please request it online with an **additional payment** of **\$150.00**. The only acceptable form of payment will be through Track Wrestling. If you request to have a spot on BOTH teams and are chosen for a spot on the Freestyle Team the **\$150.00 crossover fee** will become non-refundable. The only case in which the crossover fee shall be refundable is if the MN/USA coaching staff does not grant you a spot on the Freestyle team or 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 damage 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 competing in Fargo, the refund will be after you check out of the hotel, for those not competing at Fargo; the refund will be after you check out 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.**

You will be sharing a room at camp. If you have a preference for a rooming partner, please indicate when registering on Track and we will do our best to assign rooms accordingly **IF** the registration is received on or before June 30th (we have to notify the college for room assignments). You cannot change rooms once checked in.



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. Minnesota has won the National Championship numerous times (including 2012 Greco Champs). This will be our goal once again. The coaching staff will make all the 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, then 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. 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.

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Travel Information: We will be taking a bus to Fargo and the Cadet team will be staying at the La Quinta Inn, 2355 46th St S, Fargo, North Dakota (ND) 58103 phone # is: 701 499 2000. Greco wrestlers choosing to ride back in the bus will return Monday July 18th. Freestyle Wrestlers will return Friday July 22nd. We will stop approximately one hour north of MPLS to allow wrestlers to call parents for rides home if needed.

Agendas for the camp and tournament will be available for parents at check-in.

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 parent's expense.

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) if you cannot open this document, go to www.themat.com Click on Events, then Resource Center, then Event Waiver.

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 Jim Moulsoff at 651-587-8067 or moulsoff@augsborg.edu with any questions.

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

