



TRAIN WITH THE BEST

2015 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 3 at a USA Wrestling Cadet Regional National Tournament. Spots on the national team are earned at camp by hard work. Please indicate on your registration form which camp and style (or styles if both) you wish to compete.

Camp Check in/Check out information: The Greco Camp will take place Sunday July 5th to Thursday, July 9th at Augsburg College. This year's Greco Head Coach is Adam Thronson and Travis Rutt. Check in will be at Anderson Hall at 10:00 am, Sunday July 5th. Check out will be approximately 8:00 a.m. on Thursday morning July 9th (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 Friday morning, July 10th 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 18th from Augsburg, and at various sites and times to be determined at camp.

The Freestyle Camp will take place from Wednesday, July 8th to Sunday July 12th at Augsburg College. This year's Head Freestyle Coach will be Eric Anderson. Check in will be at the Anderson Hall at 1:00 pm Wednesday July 8th. Check out will be on Sunday morning July 12th 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 21st at various sites and times to be determined at camp.

The cost of a single style of **camp** will be **\$450.00 (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 fill out the waiver form http://www.themat.com/events/Release_Waiver.pdf along with the parent consent form and return the forms with your **\$450.00** camp fee no later than Monday, June 30th. All wrestlers requesting to participate in both styles please submit a **separate payment** of **\$125.00**. The only acceptable form of payment by mail or on-site will be **CASHIERS CHECK, or MONEY ORDER**, payable to Minnesota USA Wrestling or **Credit Card (Visa/MasterCard)** or **CASH (don't mail cash!) (NO CHECKS)**. If you request to have a spot on BOTH teams and are chosen for a spot on the Freestyle Team the **\$125.00 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 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.**

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. 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 be taking a bus to Fargo and 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 20th. Freestyle Wrestlers will return Friday July 24th. 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 expense of the parents.

LIST OF THINGS TO BRING TO CAMP:

BE IN GOOD PHYSICAL SHAPE!!

BRING THE RIGHT ATTITUDE!

1 Completed registration and waiver form if it was not already mailed in to the office. It can be found at http://www.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.

- MONEY FOR DEPOSIT - \$25 Cash (it would be appreciated if you bring it in an envelope with your name on it)
- LINENS (SHEETS/BLANKET)
- 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- ANTI-BACTERIAL
- PERSONAL CARE ITEMS
- MONEY FOR MEALS IN FARGO
- EXTRA SPENDING MONEY
- PILLOW
- Waiver form if you did not mail it in with your registration

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!

Parent Consent Form MN/USA Wrestling -

CADET

As the parent/legal guardian of _____, I give my permission for him to participate in the 2015 Minnesota National Wrestling Training Camp (Greco and/or Freestyle). If selected, I also give my permission for him to participate in the National Tournament held in Fargo, ND. I understand that my athlete will be expected to conduct himself in accordance with reasonable standards of behavior while in training and on the trip as prescribed by MN/USA Wrestling. In the event that my athlete may violate these rules or standards, I understand every effort will be made to reach me at the number listed below in the event it may become necessary to do so. However, you are authorized to put my athlete on a bus, bound towards his hometown, from Fargo or Augsburg College, whether or not you succeed in reaching me. Also, I will reimburse Minnesota/USA Wrestling for the expense of any such transportation at the current rate.

Camp Choice: _____ Greco _____ Freestyle Planned Competition Weight _____
Are you interested in competing in both styles? _____ (You must attend Greco camp if you are planning on competing in both styles at the National Tournament – only Automatic’s are guaranteed to compete in the style you qualified).

Wrestler’s Name (Please print) _____

Date of Birth _____ USA Membership ID: _____ Cell # _____
(If available for wrestler)

Address _____ Phone # _____

Parent/Legal Guardian Name (Please Print) _____ Date: _____

Parent/Legal Guardian Signature _____

You will be sharing a room at camp. If you have a preference for a rooming partner, please indicate 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.

Method of payment: Circle One: Cashiers Check/Money Order or Credit Card

Amount enclosed: \$ _____ \$450.00 or \$575.00 – Preregistered (\$50.00 Cash Penalty fee to register onsite at camp)

Credit Card Information: Please print clearly

Name as it appears on Credit Card _____

Billing Address: _____
(Street, city, state, zip - full billing address is required)

Telephone Number: _____

Visa or MasterCard (Circle One) Credit Card Number: _____

Expiration Date: _____ 3 digit security code: _____ \$Amount _____

I authorize to charge the amount indicated in the Amount enclosed field identified above to the card number listed. I verify I am authorized to charge on this account.

(Signature)

(Date)

(Print Name)

Please Return Completed Forms and payment (no personal checks) by June 30th to:
MN USA Wrestling
PO Box 231 Cannon Falls, MN 55009