

## Wayne Wrestling Summer Training Schedule

### 1000 Island Duals

Wrestlers/parents;

We will be taking two teams to the 1000 Island tournament again this year. I have attached a tournament information sheet with the schedule, weight classes, etc. Other pertinent information is outlined below:

1. Cost – Wrestlers will be required to submit a \$30 deposit. The deposit will be returned to high school wrestlers before departure (\*this depends on funds available). Fill out the attached form and return it to Coach asap to reserve a spot for yourself. \*If we have too many guys at a weight you may be asked to move up or down a weight class or we will try to find another team for you to wrestle on as a “guest” wrestler. There is an area on the 1000 islands website to facilitate the guest wrestler process.
2. Training Sessions – we will train for the tournament on 7/26 and 7/27 at 6:00 PM. We will also train on 8/2 and 8/4 at 9:00 a.m. Wrestlers should attend all training sessions. **IF YOU DO NOT TRAIN YOU MAY LOSE THE PRIVILEGE OF ATTENDING THE TOURNAMENT!**
3. Lodging – campsites and motels are available in the area. Make your reservations asap. **IF YOUR PARENTS ARE NOT GOING – YOU MUST HAVE A FAMILY BE RESPONSIBLE FOR YOU WHILE YOU ARE AT THE TOURNAMENT!**

COMPLETE THE FORM BELOW, DETACH, AND RETURN TO COACH

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NAME: \_\_\_\_\_ desired weight class \_\_\_\_\_

Family lodging plans/family who will be responsible for wrestler: \_\_\_\_\_

Cell phone/emergency numbers (please list parents' and/or wrestlers' cell phone numbers):

\_\_\_\_\_

Emergency Contact/phone: \_\_\_\_\_

**WRESTLING TRAINING SESSIONS**

**Wednesday, June 22<sup>nd</sup> - 6:00/MS**

**Wednesday, June 29<sup>th</sup> – 6:00/MS**

**Wednesday, July 6<sup>th</sup> – 6:00/MS**

**7/11 – 7/14 Penfield All-American Camp**

**Wednesday, July 20<sup>th</sup> – 6:00/MS**

**7/25 – 7/28 Pal-Mac Camp \* I will be teaching at pal-Mac on Monday 7/25. All Wayne wrestlers are welcome to attend that session free of charge.**

**Tuesday, July 26<sup>th</sup> – 6:00/MS \***

**Wednesday, July 27<sup>th</sup> – 6:00/MS \***

**Tuesday, August 2<sup>nd</sup> – 9:00 a.m./MS \***

**Thursday, August 4<sup>th</sup> – 9:00 a.m./MS \***

**\*These are the 1000 Island workouts. They are open to any Wayne wrestler!**

**Friday/Saturday/Sunday (Aug. 5<sup>th</sup>, 6<sup>th</sup>, and 7<sup>th</sup>) – 1000 Islands Tournament**