

LITTLE ROCK

WRESTLING

Little Rock Wrestling Camp 2019 – University of Arkansas-Little Rock

The Dragon Wrestling team will be attending a team summer camp once again this June! This year we will be traveling to beautiful Little Rock, Arkansas and the University of Arkansas- Little Rock for their team camp, June 16th-20th. Including travel, our trip will be June 16th-21st. This camp is open to all of our wrestlers (as transportation space allows) at the high school level, as well as incoming 8th graders. We will form teams to compete in dual meets throughout camp. This is a great camp for learning new technique and gaining valuable mat experience in a fun, team-oriented environment. Not only is this a great wrestling experience, but a great opportunity for team bonding! We have the option to go fishing, hiking, canoeing/kayaking on the Ouachita River in the beautiful Ouachita National Forest while we are in Arkansas. This camp is really the whole package and an experience our wrestlers will carry with them forever!

Total Cost for Entire Trip: \$510/wrestler includes camp registration, meals & lodging while at camp & transportation to and from camp. **We will be floating/canoeing on the Ouachita River on the way home, this will be an additional \$20-25/wrestler and we will send information to those attending camp!*

- **\$340 (\$25 Team Discount Included)- Team Camp Registration**
 - PAID DIRECTLY TO CAMP
 - PAY ONLINE @ [Little Rock Wrestling Camps](https://camps.jumpforward.com/lrwrestlingcamps/CampDetail/Index/11591) - <https://camps.jumpforward.com/lrwrestlingcamps/CampDetail/Index/11591>
 - ENTER TEAM CODE: ***Southlake19!***
- **\$165- Transportation check paid to SWC & mailed to (DUE FRIDAY MAY 10th):**
 - POC Name: Jodi Hollaway
 - Address: 1400 Exeter Ct. Southlake, TX 76092

Registration for Camp: All wrestlers are responsible for registering themselves for camp. You can do this online through the camp website or by mailing your registration directly to the camp. **Our coaches will not be handling any funds for camp registration.** The cost to register is \$340/wrestler (\$25 Team Discount Included) and we are attending the Team Camp. Once you have registered with the camp, please email Coach Hathaway (joseph.hathaway@southlakecarroll.edu) to confirm you have registered so we can keep an accurate count for transportation purposes.

Transportation: We will be traveling in rental vehicles as a group. We will be restricted to the number of seats/drivers we have available, so reserve your space early! Following the completion of camp, we will be staying at a bunkhouse cabin in Ouachita National Park on the Ouachita River before returning home on June 21st.

Supervision: We will have both coaches and parent chaperones attending camp with our wrestlers. In addition to this, all campers stay in the college dorms which are supervised by the college and camp staff.

Team Camp vs. Individual Camp: This is a team camp, which means we will be competing in dual meets with other camps teams. This style of camp is less based around learning technique and more focused on competition and live wrestling. We will be hosting our camp at CHS prior to team camp to help provide more technique instruction for our wrestlers.

Southlake camp & Team camp: It is highly suggested that all wrestlers in our program attend the technique camp hosted at CHS. This is especially true for the wrestlers attending the team camp. The technique camp is a great

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preparation tool prior to the team camp. Wrestlers that are prepared to attend team camp get much more out of the experience! You can register for this camp at www.southlakewrestlingcamps.com.

Summer School: Wrestlers that are planning to attend CISD summer school this year will need to look at the summer schedule once it is released. Often camp will fall during one session and possibly both sessions of summer school. Please look into this and plan accordingly.

Team Camp June 16th - 20th

Coaches looking for a place where your team can jump levels? This is the camp for you. We have built our team camp to provide basic to high level techniques, drills to take home with you, and competition to help your guys stay sharp. Each team will be paired with a current student athlete from the UA Little Rock wrestling program. This counselor will be there to help coach alongside you and bond with your team! The skills acquired at our camp have developed multiple state, NCAA, and Olympic champions. Our featured clinicians will be head wrestling coach at UA Little Rock Neil Erisman and the NCAA's first 4 time NCAA Champion Pat Smith.

We know that wrestling is more than just technique and skills. So, we have designed a coaches college that allows you to come and grow as a coach too. Our coaches college consist of guest speakers that come and share ideas, philosophies, and do's n dont's of coaching experience. It is our mission to provide you an your squad with a great experience full of learning, competition and bonding.

**All camps are open to any and all entrants (limited only by number, age, grade level and/gender) Per NCAA Rule 13.4.1.1*

Tentative Camp Schedule:

Team Camp June 16th - 20th

Cost Resident: \$365 (lodging and meals included)

Group Discounts

10-19 campers: \$15 Discount/Camper

20 + Campers: \$25 Discount/Camper

7th – 12th Grades

Check-In: June 16th from 1:00 PM -4:00 PM

First session will be from 5:00 PM – 7:00 PM

Typical Schedule

Breakfast

10 AM -12 PM – Technique

Lunch

3:00 – 5:00 PM – Technique/Drills & Duals

Dinner

7:00 -9:00 PM – Duals

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TENTATIVE TRIP ITINERARY

*****SUBJECT TO CHANGE*****

Day 1 Sunday June 16th

7:00 am Arrive @ CHS/Load vehicles
8:00 am Depart for Little Rock, AR
8:00 am- 1:00 pm Travel to Little Rock, AR (~5 hours)
1:00-4:00 pm Check in @ AR-LR
2:00 pm Lunch as a team
5:00-7:00 pm – Technique/Drills & Duals
7:00 pm Dinner

Day 2 - Monday June 17th

Breakfast
10 am -12 pm – Technique
Lunch
3:00 – 5:00 pm – Technique/Drills & Duals
Dinner
7:00 -9:00 pm – Duals

Day 3 - Tuesday June 18th

Breakfast
10 am -12 pm – Technique
Lunch
3:00 – 5:00 pm – Technique/Drills & Duals
Dinner
7:00 -9:00 pm – Duals

Day 4 - Wednesday June 19th

Breakfast
10 am -12 pm – Technique
Lunch
3:00 – 5:00 pm – Technique/Drills & Duals
Dinner
7:00 -9:00 pm – Duals

Day 5 - Thursday June 20th

7:00 am-8:00 am Breakfast
8:00 am-11:00 am TEAM DUALS
11:00 am- 12:00 pm Checkout
12:00 pm Depart Little Rock for River View Cabins/Ouachita River
12:00-3:00 pm Travel to River View Cabins/Ouachita River (~2 hour drive, Lunch prior to leaving Little Rock OR Hot Springs, AR)
3:00 pm Arrive/Check in at River View Cabins/Ouachita River
4:00-7:00 pm Ouachita River Float Trip
7:00-8:00 pm Dinner as a team @ Bunkhouse
8:00-10:00 pm free time/Lights out

Day 6 - June 22nd

7:00 am -8:00 am Breakfast @ Bunkhouse/Clean up Bunkhouse
8:00 am Depart for Southlake, TX
8:00 am -1:00 pm Travel to Southlake, TX
1:00 pm Arrive in Southlake, TX

What to bring: Casual clothes, 6 pairs of workout clothes, wrestling shoes, running shoes, laundry bag, laundry soap, swim suit, sleeping bag, pillow, towel(s), tent (for camping), flashlight, personal hygiene items, water bottle, and \$ for camp store/meals during travel.