

Tony Purler's Summer Camp Check List

Sleeping bag
Pillow
Bathroom soap
Shampoo
toothbrush, etc.
2 towels
Dirty clothes bag
Small travel lock to lock their zippers on their bag
Normal lock for use of our lockers
Plenty of workout gear, enough for 12 sessions, basically 12 sets of gear
Skin foam skin wipes (recommended but not required)
Knee pads
Video games, dvd players, movies, etc
Money for candy, ice cream, sodas (\$25.00 will be plenty)
2 rolls of athletic tape
Healthy snacks
large water bottle
Sweat shirt and sweat pants (as it gets cold at night with all the AC's)

Airport pickups: Airport pickups are available by PWA Camp Staff from the KCI International Airport. www.flykci.com Cost of airport pickup/return is \$45.00. Kids should bring \$45.00 cash with them in a sealed envelope.

Arrivals: Kids must arrive on the same day of the start date, and arrive between 12- 4.

Departure: Kids must depart on the last day of the camp. The last session is from 1- 2:30.

Oftentimes those that fly in may have to miss part of the last session to catch a flight, or a utilize a much cheaper one. This is fine should this be the case.

Try to choose a departure time between 2-7pm.

Email Flight itinerary to www.tonypurler.com 2 weeks before camp start

Typical Daily Schedule

7:15 a.m.Wake up
7:30 a.m.....Breakfast
9:00 a.m. - 11:30 a.m. Technique
12:00 noon Lunch
2:30 p.m. - 4:30 p.m. Technique and drilling
5:00 p.m.Supper
7:00 p.m. - 9:00 p.m.Technique and drilling
10:00 p.m.Movie
11:30 p.m.Lights out, sleep and prepare for next day

Total of 25 hours of technique training!

Check In/ Check out Times: Check in on Sunday between 5:30-7 pm. Do not show up several hours early please. Parents are to drop off their wrestlers and depart prior to the start of the 7-9pm evening session. We have no room to accommodate parents, siblings, etc. So please expect to drop off your serious wrestler and quickly depart and allow him to enjoy his camp. This is not a father/son camp. Check out: Thursday 2:30: The last two sessions will run from 8:30-10:30, and 1- 2:30. Parents are free to show up at 1 pm to view the last practice.

Parents Viewing Schedule: Parents are free to view the Wednesday evening 7-9pm session, AND the last session on Thursday from 1-2:30. The Thursday session will have a hard drill session covering many of the skills we've worked on. You should see a HUGE improvement in your wrestler at this session. Please understand that this is NOT a father/son camp. Please allow your responsible wrestler to enjoy his camp, and not plan to hang out all day everyday with your son, as it's distracting for him and the other campers to have dads and little brothers and sisters spending all day in the facility with all the wrestlers. Trust me that many many parents DO NOT want to have grown ups that they do not know staying in the facility with their kids the entire camp. So please don't ask me if I can make an exception and have you stay all day. Note: The High School team camps are different, as I encourage the HS coaches to attend all the sessions with their squad.