

Tony Purler's Summer Wrestling Camp Checklist

- 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 11 sessions, basically 11 sets of gear. (20 sets for the Xtreme 'Hammer Camp')
- Skin foam skin wipes (recommended but not required)
- Knee pads (recommended due to the amount of repetitions while training)
- Video games, dvd players, movies, etc
- Money for candy, ice cream, sodas (\$25.00 will be plenty)
- 2 rolls of athletic tape
- Healthy snacks and a **Large water bottle**
- Sweat shirt and sweat pants (as it gets cold at night with all the AC's)

Typical Daily Schedule

7:15 a.m.	Wake up
8:00 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, drilling and live wrestling
10:00 p.m.	Movie
11:30 p.m.	Lights out, sleep and prepare for next day

DAY 1 session: first session 7-9pm

DAY 5 sessions: 9:00-11:30; (you are free to depart after the conclusion of the session)

Total of 23 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.

Check out: Thursday 11:30am: The last session will run from 9:00-11:30am. Parents are free to show up at 9 am to view the last practice. Please not earlier as the athletes will be preparing for practice.

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 9-11:30am. 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 2-6pm. ***Email Flight itinerary to tony@tonypurler.com 2 weeks before camp start***

