

2023 SKILLS & DRILLS CAMPER GUIDE SHEET

We are very happy that you will be attending Tony Robie's "SKILLS & DRILLS CAMP" at Virginia Tech to help you develop your wrestling skills and get you to the next level. This camp will be a great experience and will help bring you closer to achieving your wrestling goals. Our entire camp staff is at your disposal and we encourage you to take advantage of us! It is our privilege to help you become a champion!

Please carefully read over the information below;

Remaining Balances: Remaining balances can be paid on line or at check in. If paying at check-in, we will only accept cash or credit, no personal checks will be accepted.

Key Deposit: All campers will be required to put down a \$25 key deposit at check-in which will be refunded when/if the key is returned at check-out.

Deposits can be made by cash or check only, no credit cards.

Dormitories: Campers will be staying in New Hall West. New Hall West is equipped with air conditioning.

Medical Waiver/Insurance: YOU MUST BE COVERED BY A MEDICAL INSURANCE POLICY IN ORDER TO ATTEND CAMP. If you do NOT have medical coverage and are interested in purchasing a one month policy contact Tony Robie at trobie@vt.edu and he can help you find a policy. If you registered online, you were required to submit all necessary medical info and complete the medical liability waiver and are NOT required to complete the medical waiver paper form. If you have not already submitted a medical release/info online or by mail, you will be required to submit a signed medical release form at camp check-in. Again, you MUST have a medical insurance policy to participate in camp.

USA Wrestling Cards: All campers are required to have a USA Wrestling Competitors Card. If you have already purchased a card for the current year please have the card with you at camp check-in. If you do not already have a card, you will be able to purchase a temporary card at check-in for \$10.

Laundry: Dorms are equipped with coin operated washers and dryers. It will

be the camper's responsibility to have clean work-out gear for every session.

Camp Check-In & Check-Out: **Check-in** will take place in the westside concourse of Cassell Coliseum between 1:00-2:00 pm on the first day of camp. Check-out will take place between 12:00-1:00 on the last day in the concourse of Cassell Coliseum.

Maps and Directions: A campus map and directions to campus can be found at; http://www.vt.edu/where_we_are/maps/campus-map-highres.pdf . For the easiest route to the Merryman Athletic Center or Cassell Coliseum you should enter campus from route 460 using Southgate Rd. We will have signs directing you to camp check-in along this route.

Meals (Overnight Campers): Meals for campers will start with dinner on the first day of camp and end with breakfast on the last day of camp. Breakfast, lunch, and dinner will be served in Dietrick Dining Hall.

Meals (Commuter Campers): Commuter campers will receive all meals except breakfast. Meals will be served in Dietrick Dining Hall.

Contacting Camp: In case of an emergency call Tony Robie at 540-808-7632 or Jared Frayer at 727-403-2600.

Suggested Items to Bring:

- Pillow...linens will not be provided. Single beds/sleeping bags work well too.
- Wrestling, running shoes, headgear, kneepads, etc (
- Fan(optional)-Dorms do have AC! (
- Workout gear for 3 sessions a day (laundry service facilities are available) (
- Laundry detergent (
- Toiletries and other personal items: Including towels (
- Anti-Bacterial Body Wash (

- Notebook and pencil or pen (optional) (
- Spending money/credit card (for VT wrestling merchandise, snacks, drinks, etc) (Lost/Stolen Item: All of the clothing and gear that you bring to camp should have your name in permanent marker on them. Lost or stolen items will not be replaced and it is the camper's responsibility, don't hesitate to ask any of our coaches or counselors for help. Our staff is dedicated to helping you get better and having a great camp experience...please take advantage of their knowledge and experience. Parents are welcome to visit during the week. Camp sessions will be held in Cassell Coliseum or the VT wrestling room which is located just above Cassel on the 4th floor. (We are truly excited that you have chosen to attend our camp and we look forward to helping you in any way possible. (

□ **Tentative Camp Schedule**

Sunday 6/25

1-2pm	Check-in
3-5pm	First Technique Session
5:30-6:30	Dinner
7:30-9:00	Technique/ Drilling Session
10:30	Lights Out

Mon/Tues 6/26-27

7-8:30am	Breakfast
9-11am	Technique
11:30-12:30	Lunch
2-4pm	Technique, Review, Live Wrestling

5-6pm	Dinner
7-8:30	Technique/Drills/Games
10:30	Lights out

Wednesday 6/28

7-8:30am	Breakfast
9-11	Review, Technique, Situational Wrestling
12-1pm	Check Out (Cassell Coliseum Concourse)