

2023 30 MAN 2 TRAINING CAMPS CAMPER GUIDE SHEET

We are very happy that you will be attending Tony Robie's "**30 Man Training Camp**" at Virginia Tech to help you develop your wrestling skills. 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 East AJ Dormitory. East AJ IS equipped with air conditioning.

Medical Wavier/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. For those who purchased laundry service, you will be given two loops at check in w/instructions on when and where to drop it off with your dirty laundry each day.

Camp Check-In & Check-Out: Check in will take place on the east side concourse of Cassell Coliseum between 12:00-1:00 pm on the first day of camp. Check-out will take place between 11:30-1:00 on the last day at the same place in Cassell.

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. Meals will be served in Dietrick Dining Hall.

Commuters: Drop Off East AJ Dorm at 6:25AM, Pick Up 8:45 Cassell Bus Loop

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:

- Linens and pillows for a single bed XL, sleeping bags work great 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. 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 7/16

12-1pm	Check-in
3-4:30pm	Technique, Drills, Conditioning
5:00-6:30	Dinner
7:30-9:00	Review/ Technique
10:30	Lights Out

Monday 7/17- Thursday 7/20

6:30-7:15am	Cardio (Stadium, Run, Circuit, etc.)
7:30-8:30am	Breakfast

9-11am	Technique/Review/ Drill
11:30-12:30	Lunch
2-3:30pm	Live Wrestling/Drills/Conditioning
5-6pm	Dinner
7-8:30	Technique/ Mindset/ Strength Conditioning
10:30	Lights out

Friday 7/21

6:30-7am	Final Cardio Workout
7-8:30am	Breakfast
9-11	Final Hard Wrestling Workout
11:30-1pm	Check Out (Cassell Coliseum Concourse)