



Buffalo Wrestling Camp 2009



Camp Admission and Information Letter

Congratulations! You have been accepted to the UB Wrestling Camp from July 5-9, 2009. You will undoubtedly have a tremendous experience at our camp.

Attached, please find; 1) Approximate Daily Itinerary, 2) Directions to the University at Buffalo, 3) Camp Rules, 4) Lists of items that you will need for camp, and 5) Important contact phone numbers.

As a Resident/Commuter camper you should be aware of our tentative daily schedule and registration date and time. The following is a list of daily times for all sessions and activities. The time sheet below may be subject to change but will be a very close estimate.

UB Wrestling Camp 2009 – Tentative Itinerary

Sunday July 5, 2009

1:00-3:00	PM	Registration – Meet at Governors Hall (SIGNS WILL BE POSTED – FOLLOW DIRECTION SHEET ATTACHED AT THE END OF THIS DOCUMENT!)
3:30-4:30	PM	Meeting at Designated Area of Governor's Dorm
4:30-5:00	PM	Campus Tour
5:00	PM	Meet in Main Gym
5:15-5:45	PM	Dinner in Alumni Arena
5:45-6:00	PM	Team Photo
6:00-8:45	PM	First Session Begins – Technique
8:45-9:00	PM	Split into groups – Meet Team Leader
9:00-9:40	PM	Back to Dorms with Counselor – Commuters get Picked Up
10:00	PM	Hall Meeting with Dorm Monitor, All Resident Wrestlers and Coaches
10:45	PM	Fire Alarm – Meet with Counselors at Designated Sport in Richmond
11:30	PM	Lights Out!

Monday – Wednesday, July 5 – 8, 2009

7:00-8:30	AM	BREAKFAST
8:45	AM	COMMUTERS DROP-OFF AT ALUMNI MAIN GYM
9:00	AM	Meet in Designated Area of Richmond, Leave for Alumni Arena
9:15-9:30	AM	Roll Call on Your Designated Mat/Warm Up, Stretch and Drill
9:30-11:00	AM	Dual Meets Begin
11:00-12:00	PM	Technique Session
12:15	PM	LUNCH

AFTERNOON SESSION

2:00	PM	Roll Call on Your Designated Mat/Warm Up, Stretch and Drill
2:20-3:45	PM	Dual Meets Begin
3:15-4:00	PM	Drilling Technique from Earlier Session
3:45-4:15	PM	Camp Iron Man and Team Competitions
4:45-6:00	PM	DINNER

EVENING SESSION

6:30	PM	Roll Call on Your Designated Mat/Warm Up, Stretch and Drill
6:45-8:00	PM	Dual Meet
8:00-9:00	PM	Technique Session (Drilling, Instruction and Technique)
9:00-9:45	PM	Open Pool – Must Be With Group & Group Leader
9:15	PM	<u>COMMUTER PICK-UP IF NOT SWIMMING-IN ALUMNI MAIN GYM</u>
10:00	PM	<u>COMMUTER PICK-UP IF SWIMMING-IN MAIN GYM</u>
10:00	PM	ALL WRESTLERS MUST BE IN DORMS
11:00	PM	Lights Out!!

Thursday, July 9, 2009 – Final Day of Camp

6:00	AM	Wake-Up - Pack and Clean Rooms – Have room ready to check out
7:00-8:30	AM	BREAKFAST
8:45	AM	COMMUTERS DROPPED-OFF AT ALUMNI
9:00	AM	Meet in Designated Area of Dorm with Group Leader
9:15-9:30	AM	Roll Call on Your Designated Mat/Warm Up, Stretch and Drill
9:30-10:00	AM	Drilling Competition Begins – Double Points!!
10:00-11:30	AM	FINALS Final Dual Meet Competitions Begin Triple Points!!
11:30-12:00	AM	Take Down Tournament
12:00-1:00	PM	APPROXIMATE PICKUP TIME FOR ALL CAMPERS AT ALUMNI ARENA

Parents of RESIDENT CAMPERS:

CHECK OUT INFORMATION BELOW

- **You will pick your child up at Alumni Arena and drive to the dorms for check-out.***
- **Your key deposit will be returned when you hand in your child's key and swipe card.***
- ** You WILL NOT receive your deposit back if your child is missing their key or swipe card!***

Directions to the University at Buffalo and Governor's Hall

From I-90 (NYS Thruway)

1. Take exit 50 and pick up the I-290 West
2. Take the Millersport Street North exit (5B) Drive Approximately ½ Mile
3. At second Stop Light, Turn Left onto the Coventry Street Road (Far Left Lane)
 4. At the first Stop Sign, turn left on Augsburger Road
 5. Drive to the end of Augsburger Road to the stop sign
 6. Turn Right on Hadley Road
7. At the bottom of the hill on the left is Governor's Hall!!!

CAMP RULES – 2009

- ◆ You must be in dorms by 10:00 p.m. and in your room by 11:00 p.m.
- ◆ There are only four buildings that you are allowed to be in: Ellicott, Alumni, Commons, and the Student Union.
- ◆ **No Weapons of any kind will be permitted.**
- ◆ No Fireworks permitted on campus.
- ◆ No skateboards, Roller Blades, or Roller Skates permitted on campus.
- ◆ No water balloons/guns permitted on campus.
- ◆ No moving furniture.
- ◆ No running or horseplay in Alumni or Dorm.
- ◆ Use of alcohol or tobacco products is prohibited.
- ◆ You must carry your wrestling shoes to the gym - Do not walk outside with your wrestling shoes.
- ◆ You must attend every session - injured or not.
- ◆ Keep your dorm rooms locked at all times. We are not responsible for your personal items. Be safe and lock your doors at all times.
- ◆ Theft of any kind will not be tolerated.
- ◆ Car keys must be turned in at check-in: you may not use your car while at camp.
- ◆ You may not leave campus to go to town.
- ◆ Except in an emergency, do not touch the fire alarms or smoke detectors.
- ◆ Steam room and sauna are off limits.
- ◆ Pizza or sandwich deliveries are not permitted after 10:00 p.m.
- ◆ No fighting: you are here to learn to wrestle.
- ◆ Music in dorm rooms must not disturb other people. Play your music responsibly.
- ◆ **ABSOLUTELY NO SWIMMING IN THE LAKES, IMMEDIATE DISMISSAL WILL OCCUR IF YOU ARE FOUND SWIMMING IN THE LAKES.**

Anyone not adhering to these rules will be dismissed from camp without refund

I would encourage you to bring the following items to camp:

1. Workout clothes - enough for three workouts per day.
2. Towels for the week.
3. Alarm clock for dorms
4. Wrestling and running shoes.
5. A pillow, sheets, and a blanket (**if you are a resident**).
6. A fan for the dorm room (**if you are a resident**).
7. If you have an old pair of work gloves, bring them for the Tug-of-war contest.
8. You may want to bring some extra money for the evening concession stand. We sell Gatorade, pop, and snacks in the evening for resident campers.
10. Plenty of soap, shampoo, and possibly some detergent for the laundry machines.
11. Swimming trunks.
12. **A SEPARATE \$30.00 key deposit is due at check-in. When the key is returned at checkout time, the deposit will be given back to you. This is for RESIDENTS ONLY.**

Coach Beichner's Phone Number	716 636-4472 (Home)	716 645-6876 (Office)	716 289-2855 (Cell)
Coach Catrabone's Phone Number	716 645-2218 (Office)	716 982-6664 (Cell)	
Coach Beasley's Phone Number	716 645-3108 (Office)	716 225-1715 (Cell)	
PJ Wendel's Phone (EMT)	716 485-3674 (Cell)		