

# Team Michigan Camp 2011<sub>(rough draft 5/10)</sub>

## **Mini-camp 1** June 4 @ University of Michigan Schoolboy, Cadet and Junior Dual teams

All those competing in the National Duals for Team Michigan, and those who are competing for Team Michigan at Fargo are welcomed.

We will be making the final selection of wrestlers that will represent Michigan at the schoolboy duals and the cadet duals at these practices. Any challenges will be taken care of here. No dual spots are secure until after this session. Gear will also be handed out here for those that have paid in full.

## **Mini-camp 2** June 11 @ Olivet College Cadet and Junior Dual teams

All those competing in the National Duals for Team Michigan and those who are competing for Team Michigan at Fargo can be here to practice.

No dual spots are secure until after this session. Gear will also be handed out here for those that have paid in full.

## **Mini-camp 3** June 18 @DCC Junior Dual teams

All those competing in the Junior National Duals for Team Michigan who those that are competing for Team Michigan at Fargo can be here to practice. Our clinician, CMU assistant, and 2x NCAA All-American, Mark DiSalvo will be running sessions. The Team Michigan coaching staff will be present and will be assisting.

The Team Michigan coaching staff will be making the final selection of the Junior Duals Team at these practices. No dual spots are secure until after this session. Gear will also be handed out here for those that have paid in full.

**TEAM MICHIGAN Camp** July 8, 9, 10 @ Michigan State University IM West – wrestling room  
Team Michigan competing at Fargo must be present. Challenge matches to fill any weights that are not currently filled will be taken care of at these sessions. If a wrestler is not present at the first session he will not be able to challenge those who were. He will only be able to fill in any extra spots that were not filled by members that were at all sessions.

Coaches Chris Williams, \_\_\_\_\_ and \_\_\_\_\_ will be our main clinicians with the National coaching staff to assist.

Other wrestlers who are not competing for Team Michigan but would like to participate in camp and work with the best of Michigan are welcome. Please understand that the coaches will be concentrating on preparing those members of the national team for the National Tournaments. Please remember this is a training camp and is very high tempo. **Cost \$20 each mini-camp for those not on the team. Team members, camp prices are already in your team fees.**

## **Housing**

Please make personal housing arrangements.

## **Workout Gear**

Bring enough to have a **fresh change of clothes for each practice. 2 at the mini-camps and** a change of clothes **2 each day at the National Training Camp.** . Be prepared for running (**shoes**) as well as mat workouts and a change of clothes for this. Bring at least one dry **towel and shower materials. Also bring a lock** for any valuables. Team Michigan, or the facility we are at, are not responsible for lost or stolen items.

**Eating Arrangements** All Athletes are on their own. Your best bet is to bring a cooler for food. There are very few eating places within walking distance of any of the camps

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