

FAIRMONT STATE FALCONS TEAM DUALS CAMP

June 12th-15th



3 Technique Sessions
14 Dual Meet Matches
All-Star Dual



West Virginia Falcon Team Trophy • All-Star Dual Fight Shorts

Technique/Duals Camp Rates

- **Resident (individual) \$200**
Includes meals and lodging
- **Commuter (individual) \$100**
Meal plans available for purchase

• **Resident Coaches \$100**

• **Team/Club Price ***INCLUDES MEALS AND**

LODGING*** (minimum of 10 wrestlers registered to count as a team or club)

- **\$1,800** for team of 10
 - **\$150** per extra after 10 athletes
 - **2nd coach per 10 athletes is free**
- **Weight Classes:** 90-100, 100-110, 110-120, 120-130, 130-140, 140-150, 150-160, 160-170, 170-180, 180-190, 190-220, 220-285
- 7th grade + **ARE** eligible to compete in duals
 - NHSCA rules will be used
 - Periods will be 2,1,1

**INDIVIDUAL CAMPERS & TEAM'S EXTRA WRESTLERS WILL BE PLACED ON "FREE AGENT" TEAMS AND COACHED BY FSU WRESTLERS

CAMP LIMITED TO FIRST 300 ENTRIES

RESERVE YOUR SPOT:

Team Reservation: \$300

Individual Reservation: \$50

Camp Schedule

Day 1: 6/12 (Friday)

Walk in registration/Check-in and dorm move in (**weigh in at registration**): Noon-4pm

Session 1 (**Technique**): 5-8pm

Rec Time: 8pm-10:30pm

Lights out/Dorm Check: 10:30pm

Day 2: 6/13 (Saturday)

Breakfast: 7:30am-8:30am

Session 1 (**Technique**): 9am-10:30am

Lunch/ Rec Time: 10:30am-2pm

*FSU wrestling practice

Session 2 (**HS Duals**): 2pm (3 duals)

Dinner: 4:30-6pm

Session 3 (**HS Duals**): 6pm (3 duals)

Rec Time: following session 3- 10:30pm

Lights out/Dorm check: 10:30pm

Day 3: 6/14 (Sunday)

Breakfast: 7:30am-8:30am

Session 1 (**Technique**): 9am-10:30am

Lunch/ Rec Time: 10:30am-2pm

*FSU wrestling practice (optional)

Session 2 (**HS Duals**): 2pm (3 duals)

Dinner: 4:30-6pm

Session 3 (**HS Duals**): 6pm (3 duals)

Rec Time: following session 3- 10:30pm

Lights out/Dorm check: 10:30pm

Day 4: 6/15 (Monday)

Breakfast: 7:30am-8:30am

Session 1 **Championship Rounds:** 9am (2 Duals, and All-Star Dual)

Check-out: Immediately after final session, and clean up

TO RESERVE YOUR SPOT, MORE INFORMATION, OR QUESTIONS CONTACT:

**Chris Freije- Head Wrestling Coach, Fairmont State University

cfreije@fairmontstate.edu

**Zeke Moisey- Assistant Wrestling Coach, Fairmont State University

zmoisey@fairmontstate.edu

**John Ferens- Assistant Wrestling Coach, Fairmont State University

ferensjohn@yahoo.com