**2015 NC-SC WRESTLING CAMP REMINDERS**

**Coaches,**

**A few reminders:**

\*JUNE 22-24, 2015 (3 DAYS COMBO CAMP-9 HOURS OF TECHNIQUE AND MULTIPLE DUALS

FROM 9AM-2PM)\*

1.Camp Location-NATION FORD HIGH School Gym (FORT MILL, SC)...see attached

BROCHURE for directions

2.Bring SCALE, FIRST AID KIT, SCORE BOOK/PENCILS AND A STOP WATCH (or wrist watch with a

timer) (Need ALL COACHES AND WRESTLERS EMAIL ADDRESSES-LINE-UP SHEET)

3. Bring a copy of GUARDIAN CONTACT INFORMATION AND GUARDIAN CONSENT (BROCHURE)

\*\*\*PLEASE MAIL OR BRING ALL OF THE REGISTRATION FORMS AND MONEY TOGETHER\*\*\*

4. Pick-Up Coaches Packet and T-Shirts when checking-in/registering wrestlers

\*\*We will ADD WRESTLERS to Teams (if applicable) as WALK-INS ARRIVE\*\*

5. Weigh-Ins 1st day (June 22) from 8am-8:30 am...see attached FORM and have another opposing

Coach at the weigh-ins verify line-ups and weights..give to Coach Honeycutt

immediately afterward so we can make copies for all of the Coaches

6. REQUIRED DAILY COACHES MEETING ALL 3 DAYS FROM 8:30am-8:45am-Coaches will PAIR UP ALL

WRESTLERS (FOR ALL OF THE DUAL MATCHES EACH DAY) AS CLOSE AS POSSIBLE TO WEIGHT

7. WARM-UP your Team from 8:45am-9am

8. COACH LAM/TJ will start teaching @ 9 am SHARP (ALL WRESTLERS SHOULD ALREADY BE LOOSE)

9. COACH LAM/TJ will teach from 9 am-12 noon and then we will immediately get into the SITUATIONAL

WRESTLING, GROUP WRESTLING AND DUALS

Head Coach keeps TIME AND SCORE (WRESTLERS CAN KEEP THE FLIP SCORE CHART)

Assistant Coach (if applicable) helps OFFICIATE

            1-1-1 periods...RUNNING TIME/Loser gets choice in 2nd period/

OT-1st takedown and Team Dual Tie-NFHS Rules Criteria

10. Fill out Camp Tourney W/L Form...see attached and give to Coach Honeycutt at the end of the last

dual match

11. FREE-Coaches Breakfast and Lunch will be served DAILY

12. FREE-Wrestlers WATER AND/OR POWERADE will be provided DAILY

13. Coaches.....PLEASE MAKE SURE YOU HAVE YOUR WRESTLERS CLEAN-UP AFTER THEM SELVES AND

YOU DOUBLE CHECK BEHIND THEM BEFORE YOU EXIT THE GYM DAILY

14. EVERYONE NEEDS TO BE OFF THE SCHOOL CAMPUS BY 2:15 PM DAILY

15. Wrestlers will receive Pizza/Soda on last day of camp (at end)...

and Team Camp Champ t-shirts will be awarded

16. Coaches, please let me know each day if you plan on joining us for the Coaches Socials

(Sunday-Boating on Lake Wylie from 12pm-6pm/Monday-US National Whitewater Center from

3-8pm/Tuesday-Golf @ Tega Cay Country Club from 4-8pm/Wednesday-Golf @ Palisades from 4-8pm)

17. Coaches....Make notes (CAMP SUGGESTIONS FOR NEXT YEAR) throughout the camp and inform me

during the camp or give to me at the conclusion of camp to help me in planning for next

year....THANKS

COMPLETE THE EVALUATION FORM IN YOUR COACHES PACKET AND TURN IN AT

THE END OF THE CAMP

GOAL-TO MAKE THIS THE BEST CAMP YOU HAVE EVER BEEN TO!

Thanks for all that you do for the sport of wrestling and more importantly for your student/athletes.

**Jerry Honeycutt**

**7296 Cascading Pines Drive Fort Mill, S.C. 29708**

**704-661-3753 OR jerryhoneycutt1@gmail.com**