



Wrestling Camper Information 2021

PACKING LIST

Practice clothing (multiple sets)	Towels
Wrestling/running shoes	Alarm Clock
Pillow/bedding (twin sheets)	Laundry Detergent
Headgear/kneepads	Spending Money
Toiletries including antibacterial soap	Swim Suit

Optional Items - A camp store will be open at various times during camp. You may choose to bring extra money with you to purchase snacks, pizza, drinks, and camp clothing.

REGISTRATION AND CHECK OUT

Registration will take place in the Keystone Field House on Thursday, July 22nd, from 11:00 a.m. to 1:00 p.m. The first wrestling session will begin at 2:00 p.m. Check out will be on Sunday, July 25th, from 11:00 a.m. to 1:00 p.m. in the residence halls. All campers must check out by 1:00 p.m. the last day of camp.

*Transportation arrangements should be made accordingly.

*Please note that lunch will not be served during registration. The first meal served on Thursday will be dinner and the last meal served on Sunday will be lunch.

FOOD SERVICE

Nutritious, all-you-can-eat meals will be served on campus at the South Dining Hall. Identification cards will be distributed to each camper. Campers are allowed to go through the lines as often as they wish; however, removing food from the cafeteria is not permitted.

HEALTH SERVICES

Certified Trainers will be on staff to handle all minor injuries and illnesses. Anything of a more serious nature will be referred to the Lehigh Valley Hospital, located approximately 30 minutes from the campus of Kutztown University.

MEDICAL AND SKIN CARE

Certified Athletic Trainers will conduct skin checks at registration. Wrestling mats are sanitized prior to every session. Wrestlers are encouraged to bring antibacterial soap.

CONTACTING THE CAMPER

If you need to contact a camper, a message can be left at the wrestling office 24 hours a day by calling (610) 683-1536. Messages will be retrieved on a regular basis.

In case of an emergency call (610) 683-4002.

For questions regarding camp, contact:

Rob Fisher
Camp Director
Phone: (610) 683-1536
Email: rfisher@kutztown.edu

Carl Poff
Camp Director
Phone: (570) 660-6123
Email: carlpoff56@gmail.com

[Interesting in learning more about Kutztown University? Sign up here!](#)

Tentative Schedule

Thursday

11:00-1:00 - Registration
2:00-3:00 - Coaches Meeting
2:00-4:00 - Technique Session
4:00-4:30 - Swimming (Optional)
4:30-6:00 - Dinner
7:00-8:00 - Competition Session
8:00-9:00 - Competition Session
9:00-10:00 - Swimming (Optional)
10:45 - Room Check
11:00 - Lights Out

Friday

7:00-8:30 - Breakfast
8:30-9:00 - Power Lecture
9:00-10:00 - Technique Session
10:00-11:00 - Competition Session
11:00-1:00 - Lunch
2:00-3:00 - Competition Session
3:00-4:00 - Competition Session
4:00-4:30 - Swimming (Optional)
4:30-6:00 - Dinner
7:00-8:00 - Technique Session
8:00-9:00 - Competition Session
9:00-10:00 - Swimming (Optional)
10:45 - Room Check
11:00 - Lights Out

Saturday

7:00-8:30 - Breakfast
8:30-9:00 - Power Lecture
9:00-10:00 - Technique Session
10:00-11:00 - Competition Session
11:00-1:00 - Lunch
2:00-3:00 - Technique Session
3:00-4:00 - Competition Session
4:00-4:30 - Swimming (Optional)
4:30-6:00 - Dinner
7:00-8:00 - Competition Session
8:00-9:00 - Competition Session
9:00-10:00 - Swimming (Optional)
10:45 - Room Check
11:00 - Lights Out

Sunday

7:00-8:30 - Breakfast
8:30-9:00 - Camp Meeting
9:00-10:00 - Competition Session
10:00-11:00 - Competition Session
11:00-1:00 - Checkout