



FAQ's

Refund Policy:

In the unlikely event that you become unable to attend camp after submitting registration and payment, we can offer a 100% refund of your camp registration fee up until one month before camp begins. If you withdraw within 14-30 days of the start of camp, however, we will offer a 50% refund. If you have to withdraw from camp inside of the 14 days there will be no refunds unless there are extenuating circumstances up to camp staff discretion.

What to bring:

- Wrestling shoes, headgear, running shoes, workout shirts and shorts, sweatshirt, swimsuit
- Money to purchase gear and snacks
- Swimming Attire

Check In and Check Out Times and Locations:

The camp will be from **August 3rd to August 6th.**

August 3rd Check In: 1:00-2:15 p.m.

Camper Check-in (Lake Swan Camp 647 FL-26, Melrose, Florida 32666)

August 6th

Camper Check Out: 12:30 to 1:00 p.m.

Conclusion of Camp and Commuter and Camper Pick-up (Lake Swan Camp 647 FL-26, Melrose, Florida 32666)



Coaches:

We have an Open Door Policy which allows high school and club coaches to come in and watch their campers during any and all practice sessions. However, due to Campgrounds policy, no coaches or parents are allowed to stay overnight in the cabins. We will have Camp Chaperones.

Female Campers:

All of our camps are open to both males and female participants. All campers will stay in the cabins, but of course female campers will have female roommates and reside in different cabin complexes, plus their own separate bathroom & shower facilities.

Which Camp? Technique or Intensive:

Parents often ask if there is a difference between Technique/Team Camp and Intensive Camp. The answer is YES. Although our Technique and Intensive Camps are similar in structure (i.e. check-in, check out, session, and mealtimes), there will be a vastly different technical basis covered in each.

Our Individual Technique/Team Camp Is for individuals and teams seeking advanced techniques. New skills will be tested during the live wrestling sessions. Each day will feature three sessions with a portion of time dedicated to live wrestling. We will focus primarily on neutral position scores and tactics (leg attacks, finishes, strong ties, setups, counter offense) in Technique Camp to also include a slight switch in gears to mat wrestling (breakdowns, turns, pins, and escapes/reversals) in Technique. This will allow us to cover a broad range of techniques.

Our intensive Camp is for serious wrestlers who desire a highly competitive and intense training experience. Campers should expect to work hard and partake in a challenging wrestling camp experience that includes higher levels of training rigor than that of the technique camp. This includes but is not limited to early morning conditioning, drilling techniques, and much more live wrestling.

Over this training period, campers can either choose the camp that best fits their personal needs. Feel free to contact Coach Francois with any pressing questions or concerns.