

SUPERGIRLS & **SLAM CAMP**

OLIVA BROWN
FARGO CHAMPION

GERALD HARRIS
3X MMA WORLD CHAMPION
SPECIAL GUEST CAMP TECHNICIANS

LADARION LOCKETT
U17 WORLD CHAMPION

JORDAN WILLIAMS
3X FARGO CHAMPION

June 5th - 8th, 2024
HURRICANE TRAINING CENTER - TULSA, OK
FOR REGISTRATION & MORE INFORMATION GO TO HWA918.COM

SCAN ME

Parents,

Thank you for attending the Supergirls & Slam Camp 2024, we have a big camp planned for the kids. The following is information about what to expect and what to pack for camp. Please read the letter carefully and thoroughly!

I. DIRECTIONS AND HOTEL INFORMATION

This years camp a will be held at HURRICANE TRAINING CENTER 11005 East 41st St, Tulsa, OK (Next to Reasors)

The host hotel is Renaissance Hotel - 6808 S 107th E Ave, Tulsa, OK 74133 (918) 307-2600

Nightly Rate: \$137 + up based on availability. All Residential athletes will be placed in rooms with friends, family or near aged athletes. Coaches Gerald & Nicci Harris will be monitoring the floors 24/7. No opposite gender/sex athletes will be allowed on the same floor including siblings.

II. CHECK-IN AND CHECK-OUT TIMES & TRAINING SESSIONS

Registration (Day 1 of your camp) will be between 7:00 and 9:00 a.m. There will be a registration table set up inside the gym. After checking in parents are welcome to stick around and watch the first session or more.

Session times for day 1 will be modified for registration. First meal of camp will be lunch. Be sure you've eaten a good breakfast. We will begin the first session at 10:00 a.m. sharp. We will go 10:00 a.m. - 12:00 p.m. and will follow the regular schedule after lunch.

Camp– Training Times		Meal Times	
Session I	9:00 a.m. - 11:00 a.m.	Breakfast	7:00 a.m. – 8:30 a.m.
Session II	1:00p.m. – 3:00 p.m.	Lunch	11:30 a.m. – 12:30 p.m.
Session III	4:00p.m. – 6:00 p.m.	Dinner	6:00 p.m. – 8:00 p.m.
Activities		Dinner Meal Sponsors	
June 5th	Dave & Busters Night		Dave & Busters
June 6th	Pool Party (Renaissance)		Dos Bandidos
June 7th	Movie Night		The Toast

Last session on the last day will end at 12:00 p.m. We will have breakfast then end camp with the band game tournament where our Outstanding Wrestler belts will be given out. Please be there by 12:00 p.m. to pick up your wrestler. If you can't make it in by 12:00pm, please call and let us know when to expect you.

Any wrestlers flying out the last day will be moved up in the tournament so they can make their departure times.

III. MEALS

Three meals a day are provided and will be held at Hurricane Training Center. If your child has a food allergy or dietary restrictions, please contact us to arrange for proper meal planning.

IV. REC-TIME

As you can see from the schedule, we will have time for fun and hanging out. Athletes are allowed to go to Reasors, Sonic or Jack In The Box but absolutely nowhere else. It is not safe for them to efor watching them too far from the training center.

V. LAUNDRY SERVICE FOR WRESTLERS DOING RESIDENTIAL CAMP STAYING WITH US OVERNIGHTS.

We are offering a bulk laundry service nightly. Gear must be turned in on the loop provided by 9pm nightly. **If you want your wrestler to use this service please send \$20 cash (Place in an envelope marked with HIS/HER NAME.** We will cover the laundry soap and fabric softener.

VIII. PACKING LIST

Here is a list of some things you should pack:

1. The number of workout clothes to pack varies on the wrestler. Some of our little athletes don't sweat as much and won't need a fresh set of clothes after each session. Our bigger guys may need to change after each session. Some may just need to change tops, so please plan accordingly. Maintaining a clean environment is of our utmost importance so it is to your child's advantage to have too many clothes and not need them.
2. Every camper needs a roll of athletic tape if possible.
3. A phone charger.
4. Wrestling gear (headgear is not required), Neoprene knee pads are highly recommended.
5. TWIN sized sheet set, a light blanket, and pillow (Hotel will provide bedding)
6. Electronic games and cell phones are "bring at your own risk!!" There are no lockers to lock away these valuable items during your session time. Have somewhere safe to store them.
7. We have a water fountain, so bring a water bottle or we have some for sell at \$5 each.

IX. RULES FOR CAMPERS AND PARENTS

Athletes are to stay within the boundaries of our Hurricane Training Center and the Renaissance Hotel **at all times**. Anyone caught off the premises will be sent home with no refund. Please make sure your child is aware they are here to learn and to train. Everyone paid good money to come and have a positive camp experience and that's what we intend to provide. Any property damage will result in a fine.

No street shoes on the wrestling mats. All wrestlers are to change shoes prior to getting on the mats.

Parents are allowed to watch all sessions, but are not allowed to get on the mat without a valid USA leader card. ***For the safety of the campers, we do not allow parents, friends, or family members to roam about the host hotel.***

X. EMERGENCY SITUATIONS

In case of serious injury, EMS/Fire will be called at once. In case of minor injuries that require medical attention, we will transport the athlete to the hospital if needed. We must have a signed release waiver for your child to receive medical treatment. A medical release is at the end of this document. You may print it and hand it in at registration. In case of bangs and bruises, we will handle them with our med kit. If your son chooses not to continue with practice, he will not continue. In case of minor injury, your son will be encouraged to take notes of all sessions. **Remember, no trainer is on-hand at camp.**

XI. TRAINING PARTNERS

If your child is coming in with a training partner please let us know and we'll get them paired up as you request. Otherwise, we do our best to match up training partners by age and weight.

XII. CANCELLATION/REFUND POLICY

- All refunds issued will be in the form of a camp credit towards future camps.
- A camper dismissed for disciplinary reasons will **not** be considered for a credit.
- Any camper leaving camp due to an injury/illness will be given a credit for the remaining value of the camp. Please remember that wrestling is a contact sport and injuries are a part of that, as well as skin infections. By enrolling in camp you are assuming the risk that your child may be injured, become ill, or have a skin infection and unable to complete camp, and it is understood that credit will be given for only the remaining days' value.
- If a camper chooses to leave camp by their own choice, for any reason, they will **not** receive a credit for the remainder of camp.
- By registering for camp you are agreeing to abide by these cancellation/refund guidelines.

XIII. CONTACT INFORMATION

Gerald Harris (918) 552-9555

Nicci Harris (Harris.Nicc@unionps.org)

If, after reading this, you have any further questions, please e-mail me at Harris.Gerald@Unionps.org. Also, go to www.hwa918.com regularly as there will be more wrestling information throughout the year.

We are looking forward to camp and working with your son/daughter.

Sincerely,

Gerald "Hurricane" Harris