

Girl's Wrestling Retreats

July
17

Schedule (Monday-Thursday)

Day	Time	Activity
Monday	11:00 am 12:00 pm	Check-In 1st Session
Tuesday	See specific camp schedule	
Wednesday	See specific camp schedule	
Thursday	12:00 pm	Clean Up & Check Out



What to Bring

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|---|---|
| ☐ Wrestling + Running Shoes | ☐ Water Bottle |
| ☐ Training Attire (bring extras) | ☐ Casual Footwear + Beach Footwear |
| ☐ Casual Clothing | ☐ Toiletries + Cosmetics |
| ☐ Swim Suit | ☐ Sleepwear |
| ☐ Sun Screen + Bug Spray | ☐ Food |



Resort Rules

Training	Lake	General
• Be respectful to everyone. • Listen to coaches and adults. • Quiet time is 11:00 pm. • Help clean the mat room after training. • Keep the practice area clean.	• Wear a life jacket on any watercraft. • Have a buddy when entering the lake. • Tell an adult before going in the lake. • Use watercraft only as intended. • Put away life jackets and watercraft when done.	• Do not leave the property alone. • Always clean up after yourself. • Leave the cabin as you found it. • Avoid dangerous situations. • Put out campfires when finished.