

-1<sup>st</sup> Annual-

# "Building heart in Raglafart" 2015 Warren Central Wrestling Camp (Aka Trafalgar)

---

JUNE 26<sup>TH</sup>, 27<sup>TH</sup> and 28<sup>th</sup> Friday evening until Sunday afternoon



ARRIVAL DATE: Friday JUNE 26<sup>th</sup> TIME: 5:30-6:00pm

LOCATION: 7604 Peoga Rd Trafalgar, IN 46181

- From WCHS, Take 465 South to Exit 2b (East St. Exit), Take US-31 South Turn Right on Thompson, Turn Left on Meridian St travel 20 miles to Trafalgar, Turn Left on W St Rd 252, next take immediate right onto Indian Creek Road, Follow approximately 5 miles to Peoga Rd (TURN RIGHT AT LICK SPRINGS BAPTIST CHURCH/CEMETERY) Camp is 1<sup>st</sup> drive on right 7604 Peoga Rd.

For wrestlers entering 9<sup>th</sup> grade and leaving 11<sup>th</sup> grade  
at Warren Central High School.

- Coached by Warren Central Staff
- Learn the Warren Central System- "Our Wigwam"
- Live Wrestling, Prepare to Win Championships.

**Camp Philosophy:** This camp is set to bring together next year's high school wrestling team. To win a state championship, we feel that the team must come together as one. The coaching staff will spend time teaching the Warren Philosophy of Wrestling. To live in the Warren Wrestling House you must strive for good grades, be an outstanding citizen, and develop a hard work ethic second to none.

**Camp Directors (Warren Central Coaching Staff)-**

|                |               |                  |
|----------------|---------------|------------------|
| Jim Tonte      | Dan Pleak     | Tolen Gamble     |
| Matt Krulik    | Mike Morgan   | Dave Pierson     |
| DJ Rackley     | Dave Williams | Joe Wise         |
| Jacob Wise     | Randall Smith | Andy St. Laurent |
| Matt Mooreland | Dave Dick     | Tony Willis      |
| Scott Farley   | Tim Wright    | Wade Coleman     |

**And others.....**

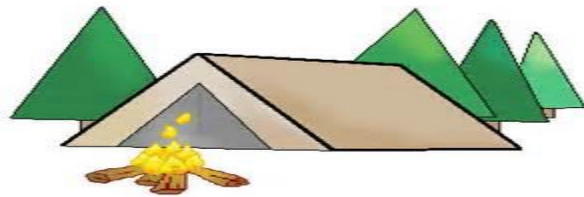
**Activity Director- Greg Bowling**

# Camp Cost and Eligibility

\*\$40 for 2 nights and 3 days (overnight only-no commuters- unless allowed by staff)

\*Late sign ups \$50 (After June 24<sup>th</sup>)

\* Must be incoming freshman, sophomore, junior, or senior at Warren Central HS (exceptions made by staff).



**Camp Activities:** Team Horseshoe Competition, Nature Hikes, Swimming, Bonfire, Basketball, Team Kickball, Fishing, Movies, & Super Star Competition, Live Band, Horseback Riding.

**Camp Includes:** T-shirt, Warren Wrestling Technique, 5 Hours of Wrestling Daily, Camp Picture, 1 hour of Live Wrestling, 3 Meals a Day, Warren Wrestling Philosophy, Fun Activities Daily.

**Awards: Mr. Hustle Award (after each session);**

**Chief Warrior-For Best Worker and Leader during  
Camp**

**Evaluation:** Each Wrestler will receive a report card at the end of the camp on his strengths and weaknesses for this upcoming season.

Sample Daily Itinerary:

6am Wake Up Call  
6:30 Morning Run  
8am Breakfast  
9am Technique/Drill  
11am Free Time  
12 pm Lunch  
1pm Swim/Fish  
2:30pm Technique/Drill  
4:30pm Free Time  
5pm Dinner  
5:30pm Activities  
8pm Live Wrestling  
9:30pm Movie/Entertainment  
11:30pm Lights Out

**How to Get Signed Up for Camp:**

1. Fill out application and return it with \$40 early bird payment to Coach Tonte or mail to: 7611 Misty Meadow Drive Indpls, IN 46217

2. Checks payable: Warren Wrestling Academy

-Money Due: by Wednesday June 24<sup>th</sup> for early bird special. After 24<sup>th</sup> it is \$50

3. Questions feel free to contact Coach Tonte (317)371-2654

CONTACT PERSON: **COACH TONTE (317)371-2654**

**MAKE SURE YOU HAVE COMPLETED AN UPDATED PHYSICAL  
PRIOR TO CAMP!**

**Code of Conduct at this camp-** keys will be taken; you are not leaving the campus, no alcohol, no drugs, or tobacco. Fighting, arguing, theft or use of improper language will not be tolerated.

Camp Cooks/Volunteers will be on hand to help. Make sure to thank them!

Safety is the most priority, NO MESSING AROUND. No wrestlers will be allowed around the water without supervision.

All wrestlers will help with clean up of café, wrestling room and grounds.

### **WHAT TO BRING TO CAMP:**

Running and wrestling shoes, 3 Towels, Indian/Warrior Gear for Team Photo, Sleeping Bag & Pillow, Shower Items (hygiene is top priority: anti-bacterial soap, shampoo, tooth brush/paste...), 3 days of workout gear with 3 workouts a day, swimming trunks, sunblock, bug spray, fishing supplies if desired, a bag for dirty clothes.

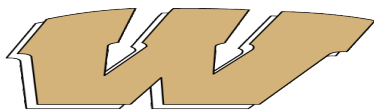


**FAMILY STYLE COOKOUT & LIVE BAND CONCLUDING CAMP**  
**Sunday at noon!**

**FAMILIES ENCOURAGED TO ATTEND PRIOR TO PICK UP!**

**DEPARTURE DATE:** Sunday, June 28<sup>th</sup> afternoon      **TIME:** TBA  
(afternoon)

## 2015 Warren Central Camp Registration



Campers Name: \_\_\_\_\_ Next Year's Grade: \_\_\_\_\_

Parents/Guardians Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Contact Name1: \_\_\_\_\_ Phone: \_\_\_\_\_

Contact Name2: \_\_\_\_\_ Phone: \_\_\_\_\_

Wrestlers Cell: \_\_\_\_\_ Wrestlers Weight: \_\_\_\_\_

Shirt Size: \_\_\_\_\_ Known Allergies: \_\_\_\_\_

Agreement & Medical Consent. In consideration of your acceptance of my entry for the High School Camp I, \_\_\_\_\_, will follow the rules set forth by the Clinic Directors/Coaches. I am in good physical condition and understand if I am under (18yrs) eighteen years of age, I am required confirmation of this agreement by my parents or guardian.

Wrestlers Signature: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Date: \_\_\_\_\_

I/we, the undersigned, hereby authorize any first aid medication, treatment or surgery deemed necessary in case of an emergency. I /we do not hold the owner of the land an or the camp directors liable for any injury or worse sustained at the camp.

Wrestlers Signiture:\_\_\_\_\_

Parent/Guardian

Signiture:\_\_\_\_\_Date:\_\_\_\_\_

Any special instructions or medications:

\_\_\_\_\_  
\_\_\_\_\_

"BUILDING HEART IN RAGLAFART"

WARREN CENTRAL WRESTLING STATE CHAMP CAMP