

AIS Wrestling Camp 7-9 April 2017

This will be our first female and male camp so please invite your mate teammates. There will be a limited number of places allocated on a first payment in basis. This time you will be responsible for making your own accommodation bookings at the AIS should you choose to stay there. It will be in the AIS Combat Centre venue like previous camps. We hope you enjoy this camp and aim to provide maximum coaching value for your time, money and effort!

CAMP RESERVATIONS

- Please fill out camp entry form and waiver and send ASAP to wrestlingact@gmail.com
- The cost of this camp will be \$100 for all five wrestling sessions. Payment of \$100 camp fee must be received before any place is guaranteed. Please put your name in the subject line so that we know it is you! Please make deposits to:

ACT Wrestling Incorporated
BSB- 032719
Account- 239561
Bank- Westpac

ACCOMMODATION BOOKINGS

- Please contact the AIS Residence Reservations

Phone: 02 6214 1995
Email: reservations@ausport.gov.au

- Accommodation pricing is as follows and includes 3 meals per night of stay in the AIS Dining Hall:

Bunk*	\$85 per person per night	Shared bathroom facilities
Single	\$105 per person per night	Shared bathroom facilities

* The option of a bunk room is dependent on availability. Occupancy is for 2 people.

- All guests staying at the AIS will be required to complete the [Registration Form](#). If you have a special dietary requirement, please complete the [AIS Dietary Form](#).
- For those of you who do not want to sleep at the AIS but may want to have some meals there:

Meal tokens \$15 per person

INSURANCE/MEMBERSHIP

- Every participant must be a member of their state wrestling association (contacts for these are listed on the Wrestling Australia website at www.wrestling.com.au), or you can join ACT Wrestling for the remainder of 2015 a fee of \$20 per person prior to commencement of the camp.
- Every participant must complete a pre-training survey and sign a waiver before stepping on the mat.

GENERAL

- Everyone has to make his or her own way to the AIS by 5pm Friday 18 September. Please plan return travel to depart after noon on Sunday 20 September.
- Minimum age is 14 years. Need guardian signature if under 18 years.
- Please notify us of any medical or dietary issues or needs on the attached forms.
- Wrestling shoes must be worn at all on-mat sessions. No bare feet.
- Fingernails must be clipped short and no metal on any hair ties or joint braces.
- Please bring at least five sets of clean training clothes ie shorts or tights, sports bra, socks, t-shirt or rashy for each session. Please do not re-wear dirty training clothes that have already been worn to a previous session.

Things to bring:

5 sets of clean training clothes

Towel

Wrestling shoes

Running or court shoes

Mouth guard or headgear (if you wear them)

Hair ties (if applicable)

Any medications/sport tape/braces you may need

Personal stuff ie toiletries, PJs, casual clothes, etc

Snacks and water bottle