



COACHES/PARENTS PACKET

General Information:

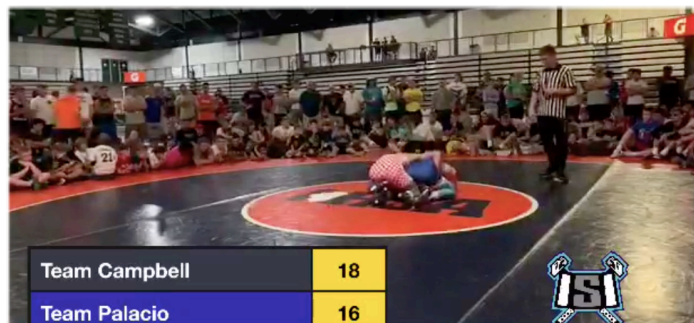
Thank you for showing interest in Iron Sharpens Iron Team Camp. Since ISI began we have trained 1000s of wrestlers.

This packet was created to help put you at ease. We have been hosting camps since 2010. It is ran well, offers incredible technique from some of the best wrestlers in the world, and provides appropriate competition for wrestlers of all abilities. We are committed to offering you the cheapest and most competitive team camp in the country. The directors of this camp are just like you. Both are high school wrestling coaches that were frustrated with the cost of university ran camps. We want our kids to get matches in the summer! Last year, the average wrestler left our camp with 10 matches, not including our takedown tournament at the end of the camp. We have had wrestlers get as many as 20 matches in the 4 day camp.

This packet is filled with pertinent information about our camps.



Live broadcasted All Star Dual



Takedown Tournament Brackets!!!



ISI TEAM REGISTRATION PROCEDURE

1. Select a coach or Team representative to organize wrestlers that wish to participate in the ISI Wrestling Team Camp.
2. Send a \$200 transferable deposit to reserve a camp spot.
4. The team coach or representative should then download and print the Registration Forms and distribute them to all participants.
5. **All camp participants should return the completed registration form and payment check to the team coach or representative.**
7. Coach or team representative should double check that all forms are completely filled out and checks are signed before sending them.
8. All completed registration forms and checks should then be collected and sent in one envelope by the registration deadline.

ISI Team Camps
Attn: Joel Allen
9314 Military Rd
Dubuque IA 52003

Teams:

Our goal is to have 10 agreed upon matches for each dual. We suggest having roughly 15 wrestlers per team. You may have 7th graders on your High School team if you feel they are capable of it. Coaches from both teams must agree to a minimum of ten matches and a maximum of 14 matches. Coaches do your best to get the best match ups. If your team is under 15 wrestlers, we will hold a draft at the beginning of the camp. Here you can draft individuals to complete your team.

After you weigh in your wrestlers at camp you will rank them according to this scale:

High School

- 1- First year wrestler
- 2- JV Wrestler with losing record
- 3- JV Wrestler with winning record
- 4- Varsity Wrestler with losing record
- 5- Varsity Wrestler with .500 record
- 6- Varsity Wrestler with a winning record
- 7- Varsity Wrestler with .750 record
- 8- Varsity Wrestler qualified for state tournament
- 9- Varsity Wrestler state place winner/champion

Middle School/K-5

- 1- First Year
- 2- Losing Record
- 3- .500
- 4- Above Average
- 5- Excellent

Camp Activities

Team Olympics:

For the first three days of camp, teams will compete in team building activities. These are referred to as Team Olympics. Each competition is scored. Each event will be in tournament format. Rules will be explained at the camp. Here are a few examples of games we have played in the past:

Tug of War, Dizzy Stick Races, Sumo Duals, Knocker Balls

Night Activity: (Subject to change)

We will have an optional activity each night. These activities do cost money but we have worked great prices through area businesses.

We have done the planning for you. As a team, decide what works best and on what night. Typically, we have deals with movie theaters, pools, and bowling alleys.

Nightly activities are outside of the regular camp fee. We work with businesses in the communities to keep their prices around \$5/person.

Individuals not with a team and without transportation will be provided activities that will be hosted at the college, not requiring transportation. Individuals without a chaperone are not able to attend off campus activities.



Meal Plan:

We do offer a meal plan for camp. We allow coaches/parents choice in their meal plans. We want you to build a camp that meets your teams/wrestlers needs. If you would like to keep camp more affordable you certainly can!

Day 1: Supper

Day 2 and 3: Breakfast, Lunch, and Supper

Day 4: Breakfast and Lunch

(Pick a plan or bring your own!)

Economic: Bring your own food to camp. If you can do it cheaper than we can, please do!!

Cost: Free

Lunches Only: We will supply lunch only. This allows teams the freedom to go out to eat in the evening, grill at the dorms, or bring your own breakfasts and lunches.

Lunches and Suppers: Skip breakfast or bring breakfast bars to save money! All of our meals are all you care to eat!

All Inclusive: We will cover all meals for your wrestler or team starting with supper on the first day and ending with lunch on the last day.

Check ins

In this ever changing world, we will communicate the check in process with the email address of the team coordinator. Please provide the email address to the person that will be coordinating the registration process when you send in your transferable team deposit.

Our goal is to get back to hosting at colleges in the future. As of now, we will be moving to Bien Venu Event Center in Cedar Falls Iowa. Camp is housed in a 14,000 center. We have 9 competition mats. Teams will be housed in hotel rooms that are attached to the event center!

If we can get back to colleges in the future those facilities are described on the next pages.

Illinois Wesleyan University

Shirk Center

20-30 mats depending on numbers



Dorms

- All Air Conditioned
- Showers for each floor
- 10 paying wrestlers earn 1 free coach



Contact for ISI IWU

Fairview Family Aquatic Center
Address: 801 N Main St, Normal, IL 61761

AMC Starplex Normal 14
Address: 201 McKnight St, Normal, IL 61761

SemiPro Baseball: Normal CornBelters
Address: 1000 W. Raab Rd. Normal IL 61761

Twin City Lanes
Address: 1006 E Lincoln St # 2



Bien VenU Camp Facilities & Lodging

Camp:

Housed in the Bien Venu Event Center 12 mats



Lodging:

Holiday Inn Hotel Rooms



Tentative Camp Schedule

(All camps)

Day 1 Camp Schedule

9:00-12:00Check-in and Weigh-in
12:00-2:00Technique
2:00-4:00Duals
4:00-4:40Team Olympics
5:00-6:00Optional Practice
5:00-6:30Supper
6:00-8:00Night Activity
8:00-10:00Free Time
10:00Lights Out!!

Day 2 & 3 Camp Schedule

7:00-9:00.....Elite Technique Session
9:00-11:00Technique
11:00-12:00Duals
12:00-1:00Lunch
1:00-2:00Technique
2:00-4:00Duals
4:00-4:40Team Olympics
5:00-6:00Optional Practice
5:00-6:30Supper
6:00-8:00Night Activity
8:00-10:00.....Free Time
10:00Lights Out!!

Day 4 Camp Schedule

8:30-9:00.....T-shirt exchange
9:00-11:00Technique
11:00-12:00Duals
12:00-1:00Lunch
1:00-3:00Takedown Tournament

**You will receive an updated copy at camp.

Coaches: We will have a meeting prior to each day to discuss the day's events and make sure that everyone is on the same page. You will be asked to referee matches during the dual sessions. We are committed to making this the best experience for every wrestler and coach. If you have any questions or comments regarding the camp, do not hesitate to call:

Steve Farrell & Joel Allen
Camp Directors

319-404-0722

ISI WRESTLING CAMP

ZERO TOLERANCE PARTICIPANT/COACH/PARENT/ POLICY

Welcome to the ISI Wrestling Camps. ISI has been organized to teach, develop and promote wrestling for all ISI Campers. ISI strives to be a competitive organization that recognizes the importance of emphasizing good sportsmanship. With this in mind, we have developed a participant parent/coach policy to help explain and clarify some of our camp expectations, rules and guidelines directly related to participant/parent/coach conduct.

If this policy is followed, the camp will go much smoother and be more rewarding for everyone involved.

WRESTLER/PARENT/COACH

ISI is responsible for the conduct of all wrestlers, fans, parents, and coaches within the camp. Our organization expects nothing but the utmost respect and sportsmanship from all of our wrestlers and parents/coaches when it comes to dealing with fellow wrestlers, coaches, opponents, college staff, ISI staff and officials. Unacceptable conduct/behavior could damage the reputation of ISI as well as remove valuable points for the TEAM and removal from ISI Camps PERMANENTLY!

It is everyone's responsibility to monitor your behavior during camp.

We have the following expectations:

1. Profanity of any type will not be tolerated at any time. This includes all ISI activities such as duals, tournaments, practices, meetings, meals, on any Social Media, etc.
2. Verbal threats, physical confrontations or bullying of any kind between fellow opposing, parents, wrestlers, coaches, fans, staff or officials will not be tolerated at any time or place. Any threats of these types of actions verbally or on any Social Media are completely unacceptable and will be reviewed and acted upon immediately by the ISI Directors and may result in permanent expulsion from ISI camps for the wrestler/parent/coach involved.
3. Wrestlers possessing, using or being under the influence of alcohol, drugs or any other controlled substance(s) is strictly prohibited. Any violation of this rule will result in the immediate removal of all parties involved. Furthermore, coaches it is expected that you always have a responsible sober adult for your athletes.

IRON SHARPENS IRON TEAM CAMPS

Coaches Checklist

Coaches Names (1 free coach for every 10 wrestlers)

Check Included

- 1.
- 2.
- 3.



Wrestlers Names

Registration & Waiver Included

Check Included

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.





IRON SHARPENS IRON TEAM REGISTRATION FORM

TEAM NAME:

HEAD COACH:

CELL:

EMAIL:

NUMBER OF WRESTLERS:

HIGH SCHOOL:

MIDDLE SCHOOL:

YOUTH WRESTLERS:

DORM BEDS NEEDED:

WRESTLERS:

COACHES:

NUMBER OF NIGHTS IN THE DORMS:

MEAL PLAN (CHECK WHICH PLAN)

LUNCHESES ONLY:

LUNCHESES AND SUPPER:

ALL MEALS (B,L,S)

WE WILL FIND OUR OWN:



COME TRAIN WITH US!

