



# COACHES/PARENTS PACKET

## Table of Contents

GENERAL INFORMATION.....

TEAM REGISTRATION PROCEDURE.....

CAMP ACTIVITIES.....

MEAL PLANS.....

WISCONSIN PLATTEVILLE CAMP FACILITIES.....

ILLINOIS WESLEYAN UNIVERSITY FACILITIES.....

INDIANAPOLIS FACILITIES.....

WILLIAM PENN FACILITIES .....

CAMP FEES.....

NIGHTLY ACTIVITIES.....

TENTATIVE CAMP SCHEDULE.....

REGISTRATION FORM.....

COACHES CHECKLIST.....

TEAM REGISTRATION FORM.....

ZERO TOLERANCE AGREEMENT.....

### CAMP LOCATIONS:

#### Iowa Central Community College

**Address:** One Triton Cir, Fort Dodge, IA 50501

#### University of Wisconsin Platteville

**Address:** 1 University Plaza, Platteville, WI 53818

#### Illinois Wesleyan University

**Address:** 1312 Park St, Bloomington, IL 61701



## 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.



## Takedown Tournament Brackets!!!



## Live broadcasted All Star Dual



## 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 wrestler
- 2- Wrestler with losing record
- 3- Wrestler with .500 record
- 4- Wrestler with winning record
- 5- AAU State qualifier
- 6- AAU State Place Winner/Champion

## 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!)

For current prices please refer to our updated registration form.

**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.

## UWP Camp Facilities & Lodging

Camp:

Housed in the Williams Athletic Center 30+ mats



Lodging:

### UWP Dormitories



**(10 paying wrestlers earn 1 free coaches room)**

**- all rooms offer AC**

## 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





**Iowa Central Community College**  
**Dorm and Apartment style rooming**



**All rooms AC**  
**Gyms AC**

## CONTACT INFO FOR NIGHTLY ACTIVITIES

These will be updated for 2021 to reflect businesses that are open to support our camp. This is TBD for 2021 season. We will also have free nightly activities in the gym.

### Contact info for ISI UWP:

#### Platteville Family Aquatics Center

1155 N 4th St, Platteville, WI 53818

#### Millennium Theatre

151 Millenium Dr, Platteville, WI 53818

#### Pioneer Lanes

1185 US-151 BUS, Platteville, WI 53818

**FORT DODGE  
IOWA**

**DEALS &  
DISCOUNTS**

---

**ROSEDALE RAPIDS  
AQUATIC CENTER**  
1111 N. 32ND ST.  
515-955-4284

Free admission sponsored by  
the City of Fort Dodge.  
Space is limited.



---



**FORT FRENZY  
ENTERTAINMENT CENTER**  
3232 1ST AVE. S.  
515-578-2228

\$10 general admission.  
Space is limited.

---

**FORT 8 MOVIE THEATER**  
1417 CENTRAL AVE.  
515-578-8989

\$6 general admission.  
Tuesday is \$5.50 day.  
Space is limited.



---



**FAMILY BOWLING CENTER**  
3599 5TH AVE. S.  
515-578-7884

Wednesday only: \$6 for  
2 games including  
shoe rental. Space is limited.

---

**GODFATHER'S PIZZA**  
3232 1ST AVE. S.  
(INSIDE FORT FRENZY)  
515-578-7551

Large group discounts  
available- contact  
Godfather's for details.



---



**SPORTS PAGE**  
2707 N. 15TH ST.  
515-955-1880

**MINERAL CITY**  
2621 5TH AVE. S.  
515-955-8514

**OLDE BOSTON'S**  
809 CENTRAL AVE. #110  
515-955-5333

Free soft drink with each meal.

---

**THE DARIETTE**  
1242 2ND AVE. S.  
515-571-1045

10% discount.



**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



**Contact for Ft Dodge**

Rosedale Rapids  
**Address:** 1111 N 32nd St, Fort Dodge, IA 50501  
(515) 955-4284

Family Bowling Center  
3599 5th Ave S

Fort 8 Theatre  
Address: 1417 Central Ave Ft Dodge

Fort Frenzy  
3232 1st Ave S Ft Dodge  
515576226



## Tentative Camp Schedule

(All camps)

### **Day 1 Camp Schedule**

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

### **Day 2 & 3 Camp Schedule**

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

### **Day 4 Camp Schedule**

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

