



Purler Wrestling, Inc. * 84 Quiet Ridge Ct. * Foristell, MO 63348 * 636-327-3343

Please email Nick (nick@purlerwrestling.com) before sending in forms

Parents,

Thanks for your interest in the *2007 Takedown Machine Wrestling Camp*, we have a big week planned for the boys. Following are some last minute information concerning camp.

Please note: Your camp registration must include a minimum \$150.00 deposit in order for it to secure his spot in camp. With so many kids turned away each year, we find it necessary to ensure that you are committed to coming to our camp. Thank you.

I. Directions to Cuivre River State Park/Camp Cuivre & Hotel Info:

Cuivre State Park is located in Troy, Missouri on Hwy 47 just off of Hwy 40-61. Since we have kids coming in from all over, I will give directions from Wentzville, MO as this is where most will be passing through. You should look at a map to see if there is an easier way for you to get to Troy, MO/Cuivre River State Park. You may also visit www.mostateparks.com/cuivre.htm to view a map.

As you look at the map, you will see that Interstate 70 (I-70) runs East/West all the way through Missouri. Find St. Louis on your map and follow I-70 to the town of Wentzville which is about 25 miles West of St. Louis. Wentzville is also where Hwy 40-61 crosses I-70 and where you should head NORTH on 40-61. Troy is just 15 miles North of Wentzville. Head North on 40-61. Once in Troy, Missouri, go EAST on Hwy 47. After about 5 miles, you will see a brown sign on your left (can't miss it) marking the entrance to Cuivre River State Park. Follow this road and the signs to *Camp Cuivre* which is our camp location.

We have secured a beautiful place for you to send your son for a week of wrestling! Missouri is nationally-recognized for its State Parks and we feel that your son will enjoy his stay as well as the drive through Cuivre River State Park. We have roughly 25 acres to ourselves that come complete with 5 barracks-style bunk houses, a huge mess hall / kitchen facilities, a baseball field, etc. Below the dining hall is a 2200+ square foot walkout basement area that Tony and I transform into our summer wrestling camp facility. It does look rustic, but we make it work and have enjoyed training hundreds of dedicated wrestlers here each summer for the past 5 years.

If you are in need of a hotel they are located near the state park in Troy. The best two are The Super 8, it's newly built and the closest. Right on the corner of Hwy 40/61 and Hwy 47. It's number is 1-636-528-6888. The Holiday Inn Express is just about 2 mile west of the Super 8 off Hwy 47. It's number is 1-636-462-9999. I believe both have a pool. NO parents / parents or coaches will be allowed to stay at camp with the wrestlers.

If your son requires airport pick-up or drop-off, there will be a \$25 (total) airport transportation fee. Please email Jackie at Jackie@purlerwrestling.com regarding your flight itinerary. You may make airport payment at time of pickup. Thank you.

II. Check-in / check-out times and Training Sessions:

Registration (Day 1 of your camp) will be between 9:00 - 9:30 am. You will be assigned to Group 1 or 2 at registration. Each training group will be kept below 40 wrestlers and assigned to train with either Nick or Tony Purler and their assistant.

Session times for day 1 will be modified for registration. First meal of camp will be lunch. Be sure you've eaten a good breakfast. We will begin the first session for group 1 at 10:00 a.m. sharp. We will go 10:00 a.m. - 11:00, group 2 will practice from 11:00 to 12:00 noon. A light lunch will be served immediately

afterwards for both groups. Group 1 will practice again from 1:00 – 3:00 with group 2 going from 3:00 – 5:00. We will break for dinner from 5:00 – 6:00. Group 1 will have their last session from 6:00 – 7:15 p.m. with group 2 going from 7:15 – 8:30 p.m. We will then carry out the regular schedule throughout the week.

<u>Training Session times:</u>		<u>Meal Times</u>
<u>Group 1</u>		
Session I	8:00 – 10:00 am	breakfast @ 7:00 am
Session II	1:00 – 3:00 pm	lunch 12:00-1:00 pm
Session III	6:00 – 7:15 pm	dinner 5:00-6:00 pm
<u>Group 2</u>		
Session I	10:00 am – 12:00 pm	breakfast @ 7:45 am
Session II	3:00 – 5:00 pm	lunch @12:00-1:00 pm
Session III	7:15-8:30 pm	dinner 5:00-6:00 pm

Check-out time on our last day of camp will be 5 pm. (Morning and afternoon sessions will run as usual.)

On the final day of camp, we will re-hit and re-teach key areas that the campers had difficulty with and brush up on some final areas. Session II of the last day will be a very physical review/hard drill session.

EVERYTHING covered will be hit many, many times in order to fully reinforce the week's worth of training. Shower, room-check, and head home at 5:00 p.m.

- If necessary, some sessions will go longer than scheduled in order to cover the material efficiently. Once the kids have a feel for the techniques and drills, they will be forced to drill at a very physical pace; therefore, our sessions are shortened as the day progresses. The first and last day of camp will have lengthened sessions.

III. Meals

Three meals a day are provided and will be had in the campground's mess hall. The boys are to pack some healthy and filling snacks. There are no vending machines, no QuikTrips near by, and the cafeteria will not be come and go (we provide 3 meals a day) so plan accordingly. I would pack bagels, cheese crackers, fruit, pop-tarts, candy/snacks, etc. We have case refrigerators if the boys wish to bring soda, Gatorade, etc. Label their names on all the bottles and snacks that need refrigeration! Upon arrival, you may put their drinks into the black case refrigerator, NOT the walk-in. Signs will be posted on their fridge.

IV. Packing list

Here is an example of what you should pack:

MANY pairs of workout clothes, **every camper needs two rolls of athletic tape**, towels, toiletries, bug repellent, fans, 3-way plug ins for sharing the outlets, flashlight, games, batteries, snacks, drinks, sun screen, skin foam, wrestling gear, frisbee, football...etc, a lawn chair, CDs, radio with batteries, movies (**appropriate ratings, no rate R movies please.**) etc. We'll have a TV and VCR set up in the mess hall for evening entertainment. We are basically camping and will be staying in bunkhouses similar to army barracks-style sleeping quarters. You'll need to bring bedding and a pillow for your bunk. Use your best judgment and imagination. No water balloons, baseball bats, only whiffle ball bats allowed at camp. Please inspect your son's gear before you leave the house and make sure only appropriate supplies have been packed...and don't forget wrestling gear! Bringing 1 pair of knee pads is highly recommended as we will hit many hundreds of leg attacks.

V. Rec-time

As you can see from the schedule, we will have plenty of time for fun. We set up washers pits and put on a washer tournament, have our very own ball field for whiffle ball / kick ball games, and have many acres of open, neatly-groomed grassy areas surrounding our camp grounds for the kids to utilize.

VI. Rules

Athletes are to stay within the boundaries of our campground at all times. Those wishing to leave our camp ground boundaries or sneak out of their bunkhouse will be sent home at once. No warnings will be given. Please make sure your son is aware he is here to learn and to train.

VII. Emergency situations

In case of serious injury, EMS will be called at once. In case of minor injuries, we will transport the athlete to the hospital. We must have a signed release waiver for your son to receive medical treatment. A medical release is at the end of this document. You may print it and hand it in at registration. In case of bangs and bruises, we will use our judgement and handle them with our med kit. If your son chooses not to continue with practice, he will not continue. We will not force a wrestler who has a minor injury to continue. Please let

him know of your expectations regarding pushing himself during the week of camp. If your son asks to sit out more than one drill session, you will be called and allowed to speak to him regarding his minor aches and pains. In case of minor injury, your son will be encouraged to take notes of all sessions. **No trainer is on-hand at camp.**

VIII. Training partners

We have assembled a tremendous group of kids to train with. Many high school state champions / medalists, a few Cadet and Junior Nationals medalists, as well as many Tulsa National Champions and youth all-americans. We have kids from Kansas, Indiana, Connecticut, New York, California, Florida, Ohio, Michigan, Tennessee, Alaska, Pennsylvania, New Hampshire, Virginia, Wisconsin, Florida, South Dakota, Iowa, Texas, Oklahoma, Illinois, Missouri, etc coming to the 2006 Takedown Machine training camp. **If your son is heavy for his age (or extremely light) he will be required to bring a workout partner.**

IX. Camp Staff

We will have 6 – 7 staff members at camp to help supervise the campers.

IX. Contact Information:

Nick Purler 636-327-3343 (home)
314-229-3540 (cell) or 314-229-3541 (Jackie's)
Tony Purler 816-304-0313
Cuivre River State Park 636-528-7247

* Our campground has a payphone for the boys to use, please send them with pre-paid phone cards for it's use.

If, after reading this, you have any further questions, please e-mail me at nick@purlerwrestling.com.

In addition, we encourage you to visit www.purlerwrestling.com regularly as there will be more wrestling information throughout the year.

Tony and I are looking forward to camp and working with your son.

Sincerely,

Nick and Tony Purler

ALL WRESTLER'S MUST HAVE A MEDICAL RELEASE FORM SIGNED AND TURNED IN BY CAMP and you MUST have medical insurance to attend camp.

Medical Release for week 1 2 3 4 (circle one)

Wrestler's name _____

Medical Insurance Company _____

Policy# _____

Waiver My son/daughter has been examined by a physician in the last year and is in good health. I hereby authorize the Takedown Machine Staff, Purler Wrestling, Inc and Tony Purler, Inc to act for me, according to its best judgment in any medical emergency, and I hereby waive and release The Takedown Machine Staff, Purler Wrestling, Inc and Tony Purler, Inc from any liability for injuries or illness incurred by my son/daughter while attending camp. All information I have provided on this application is true and correct.

Signature _____

Date _____