

**2009**  
**Stevens Institute of Technology Summer Wrestling Camps**  
**All-Camps Info**

- Camp Dates:** Technique (July 5-8), Intensive (July 5-11), Competition (July 8-11)
- Location:** Stevens Institute of Technology, 1 Castle Point Terrace, Hoboken, NJ 07030
- Facility:** Schaefer Athletic Center (Check-in and Pick-up are on the back side by the athletic field and the 8<sup>th</sup> Street Parking Lot)
- Check-in:** Technique and Intensive (July 5<sup>th</sup>, 3-5pm)  
Competition (July 8<sup>th</sup>, 3-5pm)
- Check-out:** Technique (July 8<sup>th</sup>, by Noon)  
Intensive and Competition (July 11<sup>th</sup> by Noon)



**Camp Information:** - Schedule for all camps is online at: [www.StevensDucks.com](http://www.StevensDucks.com)

**Lost Key Fee:** A \$75 lost key fee will be charged to any camper who does not return their room key at camp check-out! Please be sure to stress the importance of keeping keys in a safe place during camp.

**Laundry Service:** Each wrestler will be provided one FREE laundry loop service during camp. Extra loops may be purchased for \$5 per loop (you may pre-pay for loops at the camp store at check-in). Loops will be turned in when needed at the camp store. We pride ourselves in hosting one of the cleanest camps in the nation!

**Camp Description:** Mike Clayton and his staff present all Stevens Wrestling Camps with a positive and well disciplined approach. Our main goals are that campers stay safe, enjoy the camp and learn a great deal about wrestling and life skills. All campers learn Coach Clayton's fundamental drill set. This drill set is critical to success at all levels of competition.

The camp will include indoor and outdoor training, motivational sessions, mental training and recreational activities on and off campus. Campers should arrive in good shape; this will help prevent injury and fatigue, and keep campers focused on the camp goals. We stress the importance of showing up at camp HYDRATED as temperatures can be very high.

**What to bring:**

- We recommend clean workout gear for each session (3-4 sessions per day). Gear should include: Wrestling Shoes, Shorts, T-shirts, Head Gear (optional), and Mouth piece (optional but encouraged).
- You will need your own bedding (sheets, pillow, etc...), toiletries; casual clothes, swim gear and sun block are recommended.
- The camp store will be available for snacks, training aids and souvenirs. We suggest no food be kept in dorm rooms for cleanliness issues. You may deposit money in the camp store at check-in to help with security issues.
- Rooms are private rooms with keys so valuables should be safe. HOWEVER: All campers must be responsible for their valuables at all times and we recommend not bringing DVD players, iPods, etc... All rooms are 2-3 campers per room and have personal showers.
- Campers will be under the supervision of a "squad leader" who is a camp counselor. Dorms are supervised at all times. Any camper acting in a way not consistent with good order and conduct will be asked to leave camp immediately.

**Payment:** Your final camp balance is due at check-in along with any medical documentation required. We accept cash or personal checks.

**Medications:** If your camper needs any medications or inhalers we are required to have two sets of medications on hand at all times. One set of medications will stay with the wrestler and a second set will stay with our Athletic Trainer. Campers will sit out of workouts until both sets of medications are on hand.

Please contact Coach Mike Clayton with additional questions at 862.754.2743 or [Mclayton@Stevens.edu](mailto:Mclayton@Stevens.edu). All camp schedules are available online at [www.StevensDucks.com](http://www.StevensDucks.com)