

GIRLS WRESTLING

May, 2019

Dear FCA Wrestling Campers, Coaches, and Parents,

We look forward to our first-ever FCA Girls Wrestling Camp this June. Below is the information you need to know for camp:

1. **Camp dates are as follows: June 14th-16th.** The camp is held at **Emmanuel College, located at 181 Springs Rd., Franklin Springs, GA 30639.** The campus is on US 29. Once on campus, follow the signs to the FCA camp registration (in an academic bldg., between Turner and Spring Streets).
2. **Camp “check in” will run as follows:**
Registration will be from 10:00AM to 1:00PM on Friday, June 14th.
3. Following registration, **camp will start at 2:00PM that Friday with a ‘welcome talk’ on the mats.** Every camper should be there. A detailed "camp schedule" will be provided at registration. There will be an FCA program every night. **Camp will end on the mats between 11:30am – 12pm on the last day of camp.** You will be released after rooms are inspected.
4. **All remaining registration fees are due at check-in, upon arrival at camp.** *The “balance due” can be calculated by figuring “your cost for camp, minus your deposit”. For example, an individual registration is \$275, minus the \$100 deposit, leaves a balance due of \$175 per wrestler. \$3000. WE WILL BE ABLE TO TAKE CASH, CHECKS, OR CREDIT CARDS (VISA or MASTERCARD).* **Any checks should be payable to: Fellowship of Christian Athletes, (or, FCA Wrestling).**
5. **Linens will NOT be provided by the school.** *Bring your own linens, pillows, towels, etc... We have been told that the beds are twin size. The dorm rooms are air-conditioned, so you may want to bring a blanket or sleeping bag.*
6. **Meals** provided will include: Dinner on the first day of camp; Breakfast, Lunch, & Dinner on the ensuing two days; and breakfast on the final day. We will **NOT** be providing “box lunches to go” on the last day of camp. *Campers can bring extra cash for late-evening snacks (from the vending machines), or to order pizza through our camp staff (on 1st & 2nd nights).* We will have a small “camp store” with items to sell. We will also have t-shirts from previous years at a great discount! (Note: Extra spending money is NOT required).
7. Wrestlers may want to bring a singlet for competition, but it is not necessary. Regular work-out gear is also fine for competition / training sessions. **You’ll need enough clean clothes for 2 work-outs on Friday, 3 work-outs on Sat, & 1 work-out on Sunday morning.** We are not sure, but we may have time to let the wrestlers swim. Please bring swimsuits just in case. **Wrestlers must be showered & in “clean clothes” to enter the auditorium each night.**
8. There will be some competition, for the purpose of applying the new techniques learned in competitive situations. Any matches will be run on a “running clock”. Each wrestler will be put in a “Huddle Group” for evening discussion groups.

If you have any last-minute questions or problems, feel free to email or call me. My contact information is listed below. I will be unavailable during the week of May 25 – June 2. I will be available between June 3 – 6th. Camp starts on June 14th. Or, in an emergency contact FCA Wrestling Director, Bill Gifford. (information below). **Please let us know that you have received these instructions by sending an email. If you are receiving this letter, it means we have your registration and your waiver in our database, (both of which are MANDATORY for every wrestler and coach. The waiver forms are part of the online registration and are required to participate!** We look forward to seeing you soon.

Thanks and God bless,

Lisa Hankins

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