

# GIRLS WRESTLING

Dear FCA Wrestling Campers, Coaches, and Parents,

We are so excited for FCA Girls Wrestling Camp!!!! Below is the information for camp:

1. **Camp dates are as follows: June 24<sup>th</sup>-26<sup>th</sup>.** 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). **Camp “check in” will run as follows: check-in from 10:00AM to 1:00PM on 6/24**
2. Following registration, **camp will start at 2:00PM that on the 24th with a ‘welcome talk’ on the mats.** Every camper should be there. There will be an FCA program every night. **Camp will end on the mats at approximate 12:30 PM on the last day of camp.** You will be released after rooms are inspected.
3. **All remaining registration fees are due at check-in, upon arrival at camp. 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).**
4. **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.**
5. **Meals** provided will include: Dinner on the first day of camp; Breakfast, Lunch, & Dinner on Saturday; and breakfast on Sunday. We will **NOT** be providing “box lunches to go” on the last day of camp. Camper can bring extra cash for late-evening snacks (from the vending machines), or to order pizza through our camp staff (on 1<sup>st</sup> & 2<sup>nd</sup> nights). We will have a small “camp store” with items to sell. (Note: Extra spending money is NOT required).
6. 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. **Wrestlers must be showered & in “clean clothes” to enter the auditorium each night.**
7. 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 after chapel.
8. Our clinicians, speakers and coaches are awesome! If you would like to bring an item to be autographed, they will be happy to sign it.

If you have any last-minute questions or problems, feel free to email or call me. My contact information is listed below. We look forward to seeing you soon.

Thank you and God bless,

*Lisa Hankins*

*Lisa Hankins (FCA Girls Wrestling) Email: [Lhankins@fca.org](mailto:Lhankins@fca.org); Cell: (706) 255-7521.*