



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 20<sup>th</sup> – 22<sup>nd</sup>**. The camp is located at **Emmanuel University**, 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 (Registration will be held in Roberson Lobby). Camp “check in” will run as follows: check-in from 11AM to 12:30PM on Friday 6/20. Lunch will not be provided.
2. Following registration, camp will start at **2:00PM** with a ‘welcome talk’ on the mats in the Shaw Athletic Center. (Please see map) Every camper should be there promptly at 1:45 PM. There will be an FCA inspirational program every night. Camp will end on the mats at the Shaw Athletic Center (gym) by 12:30 PM on Sunday, the last day of camp. Camp check out will be at the Shaw Athletic Center. Rooms will be cleaned, and all belongings need to be brought to the Shaw Athletic Center (gym) Sunday Morning prior to the morning wrestling session. Wrestlers **WILL NOT** return to the dorms!! Wrestlers can shower at the Athletic Center after the last session.
3. All remaining registration fees are due at check-in, upon arrival at camp. We will be able to take cash, check, or credit cards (Visa or Mastercard). Check can be made payable to: Fellowship of Christian Athletes, (or FCA Girls Wrestling).
4. The University will NOT provide linens. Bring your own twin sheets, blankets, pillows, towels, etc....the dorm rooms are air-conditioned, so you may want to bring a blanket or sleeping bag. Please bring all toiletries and any other necessary personal items.
5. Meals provided will include dinner on the first day of camp, breakfast, lunch, & dinner on the second day of camp and breakfast only on the third day of camp. There will be a camp store this year!! We will have hoodies, shirts, drawstring bags and a few misc. items for sale. Please note we can take cash and credit cards for the store. There are refrigerators in the dorms that campers will be staying in. There are washing machines available as well. (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 will need enough clean clothes for 2 workouts on Friday, 2 work-outs on Sat, & 1 work-out on Sunday morning. Wrestlers must be showered & in “clean clothes” to enter the chapel service 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 small 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.
9. Please bring a water bottle! We want all our campers to be safe and stay hydrated.

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.

Thanks, and God bless,

*Trevor Ramos*

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