

## TEAM CAMP - COACHES INSTRUCTIONS

Welcome to our Carolina Wrestling Team Camp. We are providing you this so that you have all the information you need to ensure camp registration runs smoothly. We want to prepare you well in advance in order to provide more time for instruction.

Arrive to campus for registration **ON TIME**. If you are traveling long distances please call 919-475-3272 in the event that you are late so that we can make arrangements.

*MAKE SURE* your parents have read and/or completed the documents listed below:

- 1). Parental Consent Form (each camper must have their own)
- 2). Camp Guide/Frequently Asked Questions
- 3). Directions

At registration we will collect camper *Parental Consent Forms* and any camp balances due. We ask that you keep the key deposit checks until registration. After check-in, a staff member will record your team weights and give out your room keys, meal bands, and camp t-shirts. Wrestlers are required to weigh-in with shorts and t-shirt. *It will be a great help to have a list of your wrestlers, their roommate pairings, and their desired t-shirt sizes.* Sample forms are available on our website which you can print and use.

It is important that we have an accurate team roster **BEFORE** you arrive. Please email or call if you suspect any changes before camp registration.

### PROCEDURE FOR CAMP REGISTRATION:

- I. As you arrive with your team, please organize them in the lobby and have one coach go to the registration table for the following:
  - 1) Confirm team roster and pay any balance due.
  - 2) Provide Parent Consent Forms; must have one for each camper.
  - 3) Receive one food band per camper/coach.
  - 4) Verify coach has key deposits for each camper.
  - 5) Receive parking permit, if applicable (coaches only)
  - 6) Receive envelope with keys and room roster.
  - 7) Receive Weigh-in form

II. After check-in, coaches proceed to weigh-in with team.

- 1) Assign rooms; two per room.
- 2) Carefully complete housing form by assigning two names per room. Please keep small key envelopes in large envelope.
- 3) After completing housing form and distributing keys, return envelope with housing form and any unused keys to registration table.
- 4) Complete Weigh-in form; weigh in with clothes on/shoes off.
- 5) Note t-shirt size of each camper on weigh-in form.
- 6) Return Weigh-in form and receive T-shirts for team.

PLEASE DO NOT LEAVE BEFORE RETURNING TO REGISTRATION TABLE WITH BOTH YOUR HOUSING ROSTER AND WEIGH IN FORM!

Copies will be made of each team roster and returned to coaches at first meeting.

Campers should then proceed to their respective dorm rooms and ***check for any existing damage***. Please have your wrestlers report any existing damage immediately so that they are not charged for this at the end of camp. If it is not reported we have to assume it did not exist when they arrived. *Please go over this with your campers.*

All campers and coaches should report to the Dorm lobby where they registered, dressed to wrestle (carrying wrestling shoes) at 2:00pm. We will walk as a group to training facility.

The first session will be partly informative/administrative and partly teaching. We will discuss what we expect from the campers and what they can expect from the camp. The second half will be technique. Coaches will meet separately during this session to finalize teams and competition schedule.

#### PARKING:

Parking at UNC is very difficult. If you are traveling on a bus, and the bus is staying here, we will need to park the bus off-campus for the duration of your stay. We will arrange to get you there and back if you need access to your vehicle during camp.

Please let us know ahead of time if you have specific parking needs so that we can plan accordingly. We have very few on-campus permits and we have to reserve them for our clinicians, athletic trainers, and workers.

## COACH'S MEETING: DURING FIRST SESSION:

Copies of your team roster will be handed out along with blank score sheets. Coaches should complete one master copy of their respective team line-up on the blank score sheet provided – one score sheet per team. At this time, “free agent” individuals can be placed on smaller teams. Try to keep teams to approx. 12 - 15 wrestlers per team, with 12 individual matches counting toward the final team score. You should list the wrestler's actual weight on the dual sheet for pairings. Coaches should circle winning team on score sheet and return sheets to head table after each dual.

Dual Meet Tiebreaker Criteria:

- 1) Most Victories
- 2) Most Pins
- 3) Most Tech Falls
- 4) Most Major Decisions

Mat assignments will be posted on the field house wall behind head table. *PLEASE try to meet with opposing coach early to plan matches so we don't get held up.*

Kids who do not have matches should be sent to the Head Table immediately after pairings. We will do our best to pair them up with other kids who don't have a match.

In order for things to work smoothly this week, PLEASE help with the following:

- Coaches need to supervise their teams on and off the mat.
- Please remind your team that individuals **are not** to leave campus without prior permission.
- Make sure your team knows that sessions **are not optional!** They are required to be at all sessions unless they have made arrangements in advance with a coach
- Everyone should carry their wrestling shoes to the field house to minimize dirt on the mats.
- Remember that college wrestlers are not trained officials.
- Coaches should try to plan out upcoming matches with opposing coaches prior to the session when possible to avoid long delays in getting sessions started.
- Please remind your campers that they will have to pay \$45.00 if they lose their dorm key – this is a problem every year that can be avoided.
- Please make sure campers do not lose their food bands. See Coach Mock if this occurs.

## EMERGENCY PHONE NUMBERS:

C.D. Mock: (919) 475-3272 cell