

**INDEPENDENT SCHOOL DISTRICT NO. 832
STUDENT OVERNIGHT FIELD TRIP FORM**

Title of Group: Mahtomedi High School Wrestling Team

Title of Activity: Malacek Team Wrestling Camp

Trip Dates: 6/26-6/29

Number of Students: 13

Chaperones: Coach Matt Oswald

Purpose of Trip: To attend a high quality team wrestling camp in order to gain match experience, build skills, and bring the team closer together.

Trip Itinerary:

Monday June 26: Meet at High School. Parents will drive wrestlers to Dells. Arrive for Check-In at 1:00 PM

Daily Itinerary for Camp is attached. Thursday June 29 Return to High School 4 PM

How it is funded:

Individuals pay their camp fees.

Transportation:

Parents are responsible for transporting their wrestlers to and from camp. Coach Oswald will drive to camp and supervise the wrestlers during camp.

How students and families know about the code of conduct, etc:

All wrestlers and parents have signed a MSHSL code of conduct form. In addition, all wrestlers and parents have read and signed the team camp rules. The team camp rules are attached.

Signatures:

Trip Advisor/Coach:



Activities Director:





**MALECEK
WRESTLING
CAMP**

CAMP SCHEDULE - 2017 (TENTATIVE)

MONDAY, JUNE 26

FACILITY OPENS & WEIGH-INS	2:00-5:30 PM	DELLS CENTER
CAMP CHECK-IN (HEAD COACHES ONLY)	3:00-5:30 PM	RESORT MAIN BUILDING
COACH'S MEETING	5:30-6:15 PM	DELLS CENTER
DUALS (2)	6:30-9:00 PM	DELLS CENTER
MEAL	9:00-10:00 PM	RIVERVIEW BALLROOM
WATER PARK	9:00-10:00 PM	
LIGHTS OUT	11:00 PM	

TUESDAY, JUNE 27

BREAKFAST	7:00-8:00 AM	RIVERVIEW BALLROOM
FACILITIES OPEN	7:00 AM	DELLS CENTER
DUALS (2)	9:00-11:00 AM	DELLS CENTER
LUNCH	11:30-12:30 PM	RIVERVIEW BALLROOM
ALL HEAD COACHES W/TOMMY MEITUS	2:30-3:30 PM	DELLS CENTER FOYER
TECHNIQUE (ALL ATHLETES & ASST. COACHES)	2:30-3:30 PM	DELLS CENTER
TEAM BUILDING/TECHNIQUE 1/2 TEAMS WILL DO TEAM BUILDING 1/2 TEAMS WITH GUEST CLINICIANS	3:30-5:00 PM	DELLS CENTER
DINNER	5:15-6:00 PM	RIVERVIEW BALLROOM
INDIVIDUAL TOURNAMENT	6:00-10:00 PM	DELLS CENTER
LIGHTS OUT	11:00 PM	

WEDNESDAY, JUNE 28

BREAKFAST	7:00-8:00 AM	RIVERVIEW BALLROOM
FACILITIES OPEN	7:00 AM	DELLS CENTER
TECHNIQUE (ALL ATHLETES & ASST. COACHES)	9:00-10:00 AM	DELLS CENTER
ALL HEAD COACHES W/DAVE MALECEK	9:00-10:00 AM	DELLS CENTER FOYER
TEAM BUILDING/TRAINING 1/2 TEAMS WILL DO TEAM BUILDING 1/2 TEAMS WITH GUEST CLINICIANS	10:00-11:15 AM	DELLS CENTER
LUNCH	11:30-12:30 PM	RIVERVIEW BALLROOM
DUALS (2)	2:30-5:30 PM	DELLS CENTER
DINNER	5:15-6:15 PM	RIVERVIEW BALLROOM
COACH'S GOLF OUTING	5:30-8:30 PM	RESORT GOLF COURSE
COACH'S SOCIAL	8:00-11:00 PM	GOLF COURSE - CLUB HOUSE (WHITE TENT)
FREE TIME	7:00-10:00 PM	
LIGHTS OUT	11:00 PM	

THURSDAY, JUNE 29

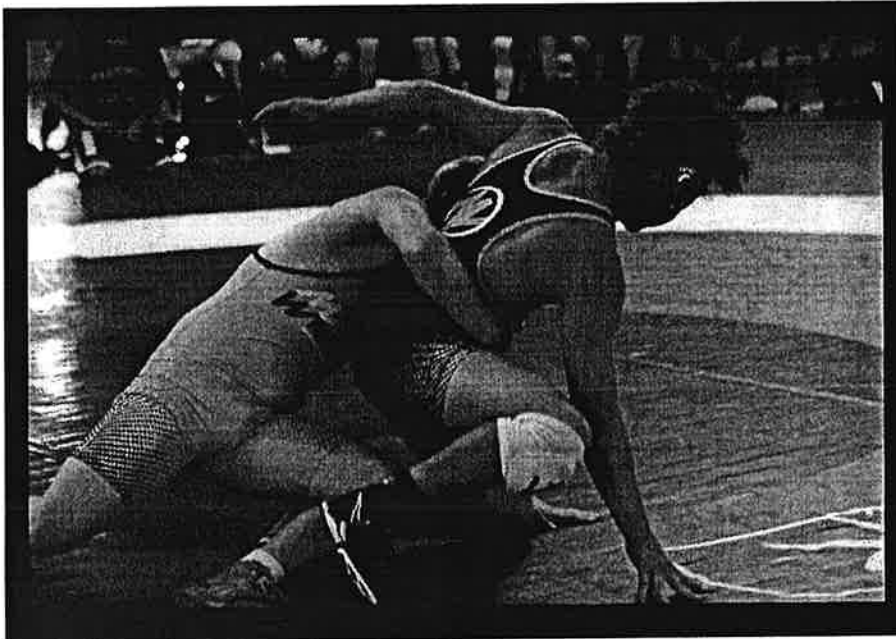
BREAKFAST	7:00-8:00 AM	RIVERVIEW BALLROOM
FACILITIES OPEN	7:00 AM	DELLS CENTER
DUALS (2)	8:30-11:30 AM	DELLS CENTER
CHECK OUT	11:30 AM - 12:00 PM	

WATER PARK

OUTDOOR PARK IS OPEN 9AM-8PM INDOOR PARK IS OPEN 9AM-10PM

MALECEK WRESTLING 2017 CAMP

Join Us This Summer!



June 26-29, 2017

Camp held @ *Chula Vista Resort*
Avenel, Illinois, WI

2017 Pricing: RESIDENT TEAM

Includes: T-shirt; Meals;

Resort Housing; Waterpark Pass;

Wrestling Competition;

Team-Building &

Coach/Athlete Breakout Sessions

\$380/athlete (teams w/11 ≤ athletes)

\$400/athlete (teams w/10 ≥ athletes)

\$150/coach



Past Teams from:

Iowa, Illinois, Wisconsin,
Nebraska, North Dakota,
Minnesota

~900 Coaches/Athletes
Yearly

Resort Accommodations

Indoor/Outdoor Waterpark

All You Can Eat Buffet Style
Meals

Info Addressing Mental
Preparation, Nutrition for
Optimal Performance,
Strength and Conditioning

Air Conditioned 80,000 sqft
Training Facility

Guest Speaker Sessions

Daily Technique Sessions

3-4 Dual Meets Daily

Team Building Activities

Live Streaming of Matches
via Trackwrestling

Coaching Sessions dealing
with Training Techniques,
Leadership, & Program
Building

Additional information and registration materials available at:

www.mwrcamp.com



RULES AND INFORMATION - 2017

COACHES ARE RESPONSIBLE FOR THEIR TEAM.

It is the coach's responsibility to make sure their team understands these rules/consequences.

- * Your team must respect the workers (i.e. camp staff, life guards, security, other resort staff) the facility, as well as other visitors at the waterpark. If serious problems occur your athlete/s will be asked to leave camp. No refunds.
- * Dangerous or destructive behavior (including but not limited to, vandalism/damage of resort property, cliff jumping, car surfing, balcony climbing, theft) will be cause for immediate dismissal from camp. Parents will have to be notified and will have to pick up their child. No Refunds will be disbursed.
- * Remind your team to stay off of the little kid's slides in the water park areas.
- * Make sure your team picks up their trash while at the resort and in the wrestling arena.
- * Reinforce with your athletes that your team is responsible for any damage that occurs in the resort/rooms. Coaches are required by the resort to put a credit card on record with the resort in case of damage.

WRESTLING INFORMATION.

- * You will weigh your entire roster when you arrive at camp the first day. There is a 7 pound weight allowance. (i.e., 106=113).
- * Athletes will have skin checks during weigh-ins. Please review "Infection Prevention Checklist" w/your team (included in MWC-Coach Booklet handed out at check-in). Anyone with questionable skin issues will not be allowed to compete without a doctor's written clearance. If an athlete is currently being treated for a skin problem, he/she must bring doctor's written clearance to participate.
- * If you have extra athletes you will have the opportunity to put them on another team (farm-out) or keep them with you. This is your choice. This process will happen during weigh-ins in the wrestling arena.
- * Teams should wear singlets for matches. Freestyle singlets/high school singlets are acceptable.
- * Bring your own athletic tape as we will not have tape at the arena.
- * We will have 5 athletic trainers on staff at all of the sessions.
- * Our college athletes will be the referees.
- * Each team will supply 1 table worker to run the clock and scoreboard during the dual.
- * Trading of athletes to make your team stronger will not be allowed.
- * Time periods for Duals will be 2-1-1. Time periods for Individual Tournament will be 1-1-1.
- * Clean up your blood. (Blood kits/gloves will be available b/t mats.)
- * Coaches will meet prior to the dual and set up as many matches as possible. You will only count the 14 weights & only score the weights that both teams have (example: If both teams have the 14 weights plus a 75, 85 and 95 pound guys, then you will score 17 matches.) Further explanation will be provided at pre- competition coach's meeting.
- * Challenge Mats are available at one end of the arena. Anytime an athlete wants extra matches, just send them to the mat and we will set it up. Athletes can get up to 15 extra matches with the challenge mat.
- * There will be a 4 Man - Round Robin Tournament - Tuesday night along with an All-Star Meet. All-Star lineup will be selected by MWC Staff with recommendations from coaches.