

Center Circle Packing List & Check-In

Things you **MUST** have:

- Wrestling shoes
- Running shoes/cross trainers
- 15 sets of workout gear (you will not be allowed to practice in soiled workout gear, each practice must be in clean workout attire) **Camp does not have laundry service.**
 - Shorts or sweatpants acceptable
- Athletic socks and underwear (see above)
- Towels for showering
- Campers must have last name printed on the back of all workout shirts
- Anti-bacterial soap/bodywash
- Standard toiletries
- Pillow and blanket/sleeping bag
- Paper and writing utensil

Things you **MAY(or should)** have:

- Air mattress or sleeping pad/cot
- Spending money (camp store will have items for sale; snacks, clothing, etc.)
- Head gear for live wrestling (not required)
- Personal training/support equipment (e.g.. knee brace, ankle brace, mouth guard, etc.)
- Personal snacks and/or sport drinks (camp provides 3 meals a day)

What **NOT** to bring:

- Alcohol/tobacco/illegal drugs
- Expensive items such as Ipads, laptops, video game consoles etc.
- Energy drinks
- Hormonal supplements (Creatine, Andro, etc.)
- Weapons of any kind

Preparation for camp:

- You should run daily
- Weight lift daily (push-ups and sit ups at a minimum)
- Prepare mentally to be challenged

Camp registration/check-in is from 10 am – 1 pm on July 24th