



Purler Wrestling, Inc. \* 84 Quiet Ridge Ct. \* Foristell, MO 63348 \* 314-229-3540

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Parents,

Thanks for your interest in the *2011 Dream Season Wrestling Camp*, we have a big 10 days planned for the boys. Following is information about what to expect and what to pack for camp. Please read the letter carefully and thoroughly! FYI...about a week before camp I will be sending out an e-mail with bunkhouse assignments and training group assignments so be looking out for that!! **ALL UNPAID BALANCES MUST BE PAID WITH CASH OR A MONEY ORDER...NO CHECKS WILL BE ACCEPTED AT CAMP.** Thank you for understanding that we cannot take the risk of accepting a bad check. Each summer we lose a few thousand dollars due to check fraud and have instituted this policy to avoid dealing with it.

### **I. CAMP STORE**

We will have a few items available for sale at camp. We'll have a couple of different designs of PWA shirts in multiple colors for \$15. There will also be embroidered Purler Wrestling ball caps (\$10), I will also have a small selection of women's PWA T-shirts for \$15. Our Cage Fighter shorts were a big hit last summer and we plan to have them again. Pricing has not yet been determined as the manufacturer recently switched companies. We'll let you know the cost in our final letter.

In addition to Purler items, we'll also have a sno-cone stand so you may want to send a little extra for a cold treat after a tough workout! Those will run \$1.00. Please send ones or fives to pay for sno-cones!!

As a general guideline, I wouldn't send too much spending money because there are no safes or lockers at camp. Everything is "Bring at your own risk!". It's a good idea to purchase a footlocker so you can lock up your valuables.

### **II. DIRECTIONS AND HOTEL INFORMATION**

Cuivre River State Park is located east of Troy, Missouri off Hwy 47... just off of Hwy 40-61. Since we have kids coming in from all over, I will give directions from Wentzville, MO as this is where most will be passing through. You should look at a map to see if there is an easier way for you to get to Troy, MO/Cuivre River State Park. You may also visit [www.mostateparks.com/cuivre.htm](http://www.mostateparks.com/cuivre.htm) to view a map. **Directions from MapQuest and Google are incorrect!!! The roads no longer exist or are closed off. Call if you have any questions!!**

As you look at the map, you will see that Interstate 70 (I-70) runs East/West all the way through Missouri. Find St. Louis on your map and follow I-70 to the town of Wentzville which is about 25 miles West of St. Louis. Wentzville is also where Hwy 40-61 crosses I-70 and where you should head NORTH on 40-61. Troy is just 15 miles North of Wentzville. Head North on 40-61. Once in Troy, Missouri, go EAST on Hwy 47. After about 3 miles, you will see a brown sign on your left (can't miss it) marking the entrance to Cuivre River State Park at St. Rt. 147. Follow 147 North about 2 miles to Lincoln Hills Rd (some navigation systems show it under its old name of "Hamilton Hollow Rd"). You'll see the park office on your left at the intersection. Go right on Lincoln Hills/Hamilton Hollow for about ¾ of a mile to a stop sign. Go right on Camp Cuivre Drive to our camp ground. The sign will say "DO NOT ENTER", but you may enter because this is your camp!!

**WARNING!** Do not park on the grass!! The Parks Department will issue you a ticket! When you get to the campground park in the parking lot ONLY! (It's your first right into the camp ground area.) **Do not park on the drive to the back of our rec hall as we have workers that will be coming and going from there and need in and out.**

Hotels in the area are:

[Super 8 Troy- more info »](#)

28 Turnbull Trail, Troy, MO - (636) 528-6888

[Luxury Inn & suites- more info »](#)

107 King Drive, troy, MO - (636) 528-0080

(this one used to be a Holiday Inn Express)

WARNING: You will find cheaper hotels, but I wouldn't recommend them!!

### **III. AIRPORT TRANSPORTATION**

If your son/daughter requires airport pick-up or drop-off there will be a **\$50 (total)** airport transportation fee per person. This includes the extra room and board and a trip by the grocery store for drink and snacks for camps! You are booking flights into Lambert International Airport, which is STL on the airport code. Flights are to be booked for arrivals between 4:00 p.m. and 9:00 p.m. the night before (campers stay out at the camp ground with the coaches) and departures for either 7:00 p.m. - 9:00p.m. the last day or 9:00 a.m. – 12:00 noon the day after (campers will stay at Nick's house and leave from there for the airport). **Any flights booked outside of these flight times will require an extra fee of \$40. Please contact us regarding this!! Please also note, pick-up times are scheduled in intervals. This means your son may be waiting at the airport for awhile before we arrive. All wrestlers are instructed to wait at baggage claim. All unaccompanied minors will be met at their gate at their precise arrival times.** If you have any questions please call Jackie at 314-229-3541 for further details and arrangements.

It is best if you send your son in a wrestling T-shirt. We will be in our "Foundation Wrestling" T-shirts so we will be easy to spot. If your son is traveling with a cell phone he should store my number (Jackie's) in it, just in case! 314-229-3541.

Everyone's airport fee of \$50 per person is due upon arrival. Please have your son's airport fee in an envelope with his name AND my name on the outside. It's best to put it in a carry-on so that it is easy to access when I pick him up. Anyone being picked up by a coach can pay the coach and they will pass it along to me. Remember, the fee covers dinner the night they fly in and breakfast the next morning. If they are staying over the last night it also includes another dinner and breakfast.

We will run everyone by the store so they can buy sport drinks/water/snacks, etc. for the week. Please send them with some shopping money to do this.

### **IV. CHECK-IN AND CHECK-OUT TIMES & TRAINING SESSIONS**

Registration (Day 1 of your camp) will be between 8:30 and 9:15 a.m . Please, if you arrive early, wait in the parking lot for registration to begin. We have coaches and campers sleeping in the bunkhouses who may have arrived in the middle of the night in order to be here on time for Day 1. Do not wander around the campground area until you have been checked in and told where to go. There will be a registration table set up in the parking lot. **PLEASE NOTE: DO NOT PARK ON THE GRASS OR YOU MAY END UP WITH A TICKET!! REGULAR PATROLS ARE MADE AROUND THE PARK AND WE HAVE RUN INTO TROUBLE WITH THIS IN THE PAST!!**

*Session times for day 1 will be modified for registration. First meal of camp will be lunch. Be sure you've eaten a good breakfast. We will begin the first session for group 1 at 10:00 a.m. sharp. We will go 10:00 a.m. - 11:00, group 2 will practice from 11:00 – 12:00 noon. A light lunch will be served immediately afterwards for both groups. Group 1 will practice again from 1:00 – 3:00 with group 2 going from 3:00 – 5:00. We will break for dinner from 5:00 – 6:00. Group 1 will have their last session from 6:00 – 7:15 p.m. with group 2 going from 7:15 – 8:30 p.m. We will then carry out the regular schedule throughout the week.*

Group 1		Meal Times	
Session I	8:00 a.m. – 10:00 a.m.	Breakfast	7:00 a.m. – 7:30 a.m.
Session II	1:00 p.m. – 3:00 p.m.	Lunch	12:00 p.m. – 1:00 p.m.
Session III	6:00 p.m. – 7:15 p.m.	Dinner	5:00 p.m. – 6:00 p.m.
Group 2		Meal Times	
Session I	10:00 a.m. – 12:00 p.m.	Breakfast	7:45 a.m. – 8:15 a.m.
Session II	3:00 p.m. – 5:00 p.m.	Lunch	12:00p.m. – 1:00 p.m.
Session III	7:15 p.m. - 8:30 p.m.	Dinner	5:00 p.m. – 6:00 p.m.

**Check-out time on our last day of camp will be 4:30 pm. (Morning and afternoon sessions will run as usual.) Group 1 wrestlers will be done about 3:00 and are allowed to hit the road early if they like. Please be there by 4:30 p.m. to pick up your wrestler! If you can't make it in by 4:30, please call and let us know when to expect you. We have airport runs and clean-up to do.**

On the final day of camp, we will re-hit and re-teach key areas that the campers had difficulty with and brush up on some final areas. Session II of the last day will be a very physical review/hard drill session. EVERYTHING covered will be hit many, many times in order to fully reinforce the week's worth of training. **Parents are encouraged to come early and watch what their wrestler has learned over the past ten days.** Shower, room-check, and head home at 4:30 p.m.

- If necessary, some sessions will go longer than scheduled in order to cover the material efficiently. Once the kids have a feel for the techniques and drills, they will be forced to drill at a very physical pace; therefore, our sessions are shortened as the day progresses. The first and last day of camp will have lengthened sessions.

## **V. MEALS**

Three meals a day are provided and will be held in the campground's mess hall. The boys are to pack some healthy and filling snacks. There are no vending machines, no convenience stores, and the cafeteria will not be come and go, so plan accordingly. I would pack bagels, cheese crackers, fruit, pop-tarts, granola bars, or fruit bars, etc. We have a case refrigerator if the boys wish to bring Gatorade, etc. **Water bottles are strongly encouraged! Label their names on all the bottles and snacks that need refrigeration! Sorry, we can not provide ice for coolers because we don't have an ice machine at the campground! It is wise to only put a day's worth of drinks/food in the cooler at a time because things have a tendency to disappear and space is limited!!**

**\*If your son/daughter has any food allergies or special dietary needs please let us know ahead of time so we can make arrangements. Some items may be made with peanuts or in a facility that is exposed to peanuts.**

## **VI. REC-TIME**

As you can see from the schedule, we will have plenty of time for fun and hanging out. We usually have quite the washers tournament at camp! We have access to a baseball field that the kids are welcome to use for whiffle ball only. NO baseballs, softballs, or hard bats at camp. We have plenty of room for football, Frisbee, and at night, flashlight tag is always popular. No bikes or scooters please! We can't be responsible for watching them during your son's training sessions and they may end up broken!

## **VII. PACKING LIST We have A/C in the bunks, no need for a fan!**

Here is a list of some things you should pack:

1. Fresh workout clothes for each session (campers are required to shower after each workout and put on fresh clothes to help prevent skin infections) Big guys may need two T-shirts per workout session. NO TANKTOPS/SLEEVELESS shirts or cut-offs allowed for training sessions (think sweaty, hairy armpits on your son...YUK)! Mid week we will have a bulk laundry service available. I am working on pricing and will let you know in our final camp letter. To make it to mid week with plenty of clean workout clothes the boys need to pack a total of 17 sets!! To save money I recommend just buying some basic Hanes/Fruit of the Loom T-shirts and basic athletic shorts, try the Salvation Army or other local resale shop if you want. It's not a fashion show
2. Mesh laundry bag to store dirty clothes away from clean clothes and allow them to dry. They will need a laundry bag for the bulk service.
3. **Every camper needs a roll of athletic tape.**
4. Neoprene knee pads are highly recommended. Pack two pairs so the spare can dry out between practices.
5. Toiletries...**NO SPRAY ON DEODORANT** (Kids have used this as spray paint on the outside of bunkhouses in the past!!)
6. Bug repellent and sun block for outdoor rec time.
7. 3-way plug for sharing the outlets if you have electronic items (Note: Needs to be a 2-prong plug adapter!)
8. Flashlight
9. Snacks and drinks
10. Wrestling gear (headgear is not required)
11. Two towels and bedding, (i.e. sheet set and light blanket) and pillow (You have a mattress provided on your bunk.)
12. Electronic games, DVD players, and IPODs are "bring at your own risk!!" There are no lockers to lock away these valuable items during your session time. If you choose to bring these items you should consider purchasing a footlocker and padlock to bring with you. Movies should be limited to a PG 13 rating to accommodate most campers. Inappropriate movies will be confiscated!
13. ALL WRESTLERS MUST BRING A SPORT WATER BOTTLE WITH THEIR NAME ON IT TO THEIR TRAINING SESSION. WATER WILL BE AVAILABLE UPSTAIRS FOR THEM TO REFILL THEIR BOTTLES WITH.

## **VIII. RULES**

Athletes are to stay within the boundaries of our campground **at all times**. Please make sure your son is aware he is here to learn and to train. We will enforce a strict "No hazing/harassment/bullying" policy. Everyone paid good money to come and have a positive camp experience and that's what we intend to provide. Any property damage will result in a fine!!

No bare feet on the wrestling mats. All wrestlers are to change shoes in the dining hall above the wrestling room in the designated area and walk directly down to the wrestling room. We have one end of the dining hall blocked off for this purpose. Please, change for practice and keep all your gear on the appropriate side so that the dining area stays clean!

Parents who'd like to watch their wrestler train during the sessions need to do so from the outside of the wrestling room. We do not have room to accommodate wrestlers and parents in the room. There are plenty of windows along the back side of the room that parents are welcome to watch through. All coaching is to be done by Nick or one of his Foundation Wrestling Staff Members.

## **IX. EMERGENCY SITUATIONS**

In case of serious injury, EMS will be called at once. In case of minor injuries that require medical attention, we will transport the athlete to the hospital. We must have a signed release waiver for your son to receive medical treatment AND a front & back copy of his insurance card. A medical release is at the end of this document. You may print it and hand it in at registration. In case of bangs and bruises, we will handle them with our med kit. If your son chooses not to continue with practice, he will not continue. In case of minor injury, your son will be encouraged to take notes of all sessions. **Remember, no trainer is on-hand at camp.**

## **X. TRAINING PARTNERS**

We have assembled a tremendous group of kids to train with. Many state champions, as well as, some Tulsa National Champions and youth All-Americans. We have kids from all over the U.S. that come in to train with us. We do our best to match up training partners by age and weight. **If your son is a heavyweight for his age he may be required to bring a workout partner if one is not registered within one month of the camp date. You will be contacted if an appropriate workout partner has not registered within this one month deadline. Partners are grouped according to AGE and WEIGHT.**

## **XI. CAMP STAFF**

We will have approximately 6 – 8 staff members at camp to help supervise the campers.

## **XII. CONTACT INFORMATION**

Nick Purler                      314-229-3540 (Nick's cell) or 314-229-3541 (Jackie's cell)  
Cuivre River State Park 636-528-7247

\*Not all cell phones get reception at camp, if your son/daughter's phone won't get reception they may borrow one of ours. Just have them ask!

If, after reading this, you have any further questions, please e-mail me at [nick@purlerwrestling.com](mailto:nick@purlerwrestling.com). Also, go to [www.purlerwrestling.com](http://www.purlerwrestling.com) regularly as there will be more wrestling information throughout the year.

I am looking forward to our camp and working with your son/daughter.

Sincerely,

Nick Purler

(Medical Release is on the next page for you to print.)

ALL WRESTLER'S MUST HAVE A MEDICAL RELEASE FORM SIGNED AND TURNED IN AT CAMP. If you are registering on-line please print off a copy, sign it and pack it to turn in at registration along with a copy of the insurance card. Thanks! (If you used the mail-in option you don't have to worry about bringing another copy to camp, we have it!!)

**Medical Release for** \_\_\_\_\_ **week #** \_\_\_\_\_

Medical insurance company \_\_\_\_\_ Policy# \_\_\_\_\_

Waiver: My son/daughter has been examined by a physician in the last year and is in good health. I hereby authorize the Foundation Wrestling Staff and Purler Wrestling Inc. to act for me, according to its best judgment in any medical emergency, and I hereby waive and release Purler Wrestling, Inc. from any liability for injuries or illness incurred by my son/daughter while attending camp. All information I have provided on this application is true and correct.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Printed Name \_\_\_\_\_

PLEASE BE SURE TO INCLUDE A COPY (FRONT AND BACK) OF YOUR CHILD'S INSURANCE CARD.