

*Missouri Valley*  
*6<sup>th</sup> Annual*  
*All –American Camp*  
*For Girls*

Hosted by

Missouri Valley  
College

Camp Location

Missouri Valley College  
Athletic Center  
Marshall, MO  
65340

Camp Dates

*June 27- July 1, 2010*

## *Camp Objectives*

*To expose the campers to wrestling the Valley Way – “No weak links”*

*Develop a complete understanding of Freestyle wrestling. To develop skills to become a complete wrestler: on your feet and on the mat.*

*Acquire “off the mat” tools to realize your wrestling potential.*

*Meet other wrestlers from around the country,*

## *Camp Facility*

*All sessions will be in the Georgia Burns Athletic Complex on the Missouri Valley Campus.*

## *Resident Housing*

*MacDonald Hall: Located next to the Ferguson Center on the MVC campus. This air-conditioned hall contains two wings. You will need to bring toiletries and bedding. Please bring swimming attire as well.*

## *Meals*

*Ferguson Center MVC. The Missouri Valley College Cafeteria, which is located in the Ferguson Center directly across from the Bookstore, will provide meals daily for resident campers. Commuter campers will receive lunch daily.*

## *Eligible Age Groups*

*Girls: 8-18 years old.*

## *Camp Fees*

*Resident Camper      \$225, Includes 10 meals and camp T-shirt.*

*Commuter              \$150, Includes 4 meals and camp T-shirt.*

## *Equipment Needed*

*Wrestlers will need:*

*Wrestling Shoes, Running Shoes, practice gear, Bedding, Toiletries, Spending Money, Leisure Clothes, Swimsuit.*

## Camp Schedule

### Sunday June 27

Registration	4:00 - 5:00 pm
Session I	5:30 - 7:00 pm

### Monday June 28

Breakfast	7:30 - 8:30 am
Session II	9:00 - 11:00 am
Lunch	12:00 - 1:30 pm
Session III*	1:30 - 3:00 pm
Session IV	3:30 - 4:30 pm
Dinner	5:00 - 5:30 pm
Evening Activity	6:30 pm

### Tuesday June 29

Breakfast	7:30 - 8:30 am
Session V	9:00 - 11:00 am
Lunch	12:00 - 1:30 pm
Session VI*	1:30 - 3:00 pm
Session VII	3:30 - 4:30 pm
Dinner	5:00 - 5:30 pm
Evening Activity	7:30 - 9:30

### Wednesday June 30

Breakfast	7:30 - 8:30 am
Session VIII	9:00 - 11:00 am
Lunch	12:00 - 1:30 pm
Session IX*	1:30 - 3:00 pm
Duals X	3:30 - 4:30 pm
Dinner	5:00 - 5:30 pm
Evening Activity	5:30 - 7:30 pm

### Thursday July 1

Breakfast	7:30 - 8:30 am
Session XI	9:00 - 11:00 am
Lunch	12:00 - 1:30 pm
Session XII*	1:30 - 3:30 pm
Wrap up Session and Check out	

Check-in is On Sunday June 27 at 4:00 PM  
First Session in on June 27 at 6:00 PM  
Last Session ends at 3:00 pm on Thursday  
July 1, 2010

## To Apply

1. Fill out application for enrollment and Parent/Guardian Authorization. These forms can be found at: <http://www.moval.edu/athletics/wrestlingw/index.php>
2. Mail to :  
Missouri Valley College  
c/o Carl Murphree  
500 East College  
Marshall, MO 65340
3. Make Check payable to:  
Carl Murphree, Camp Director  
500 East College  
Marshall, MO 65340  
(660) 831-4090  
(660) 815-2247

