



Hitchcock/Azevedo Wrestling Camps

World Class Training at a World Class Location

Training Champions for Over 40 Years

Toll Free 1-877-809-3232

www.wrestlingcamps.org

hawrestlingcamp@gmail.com

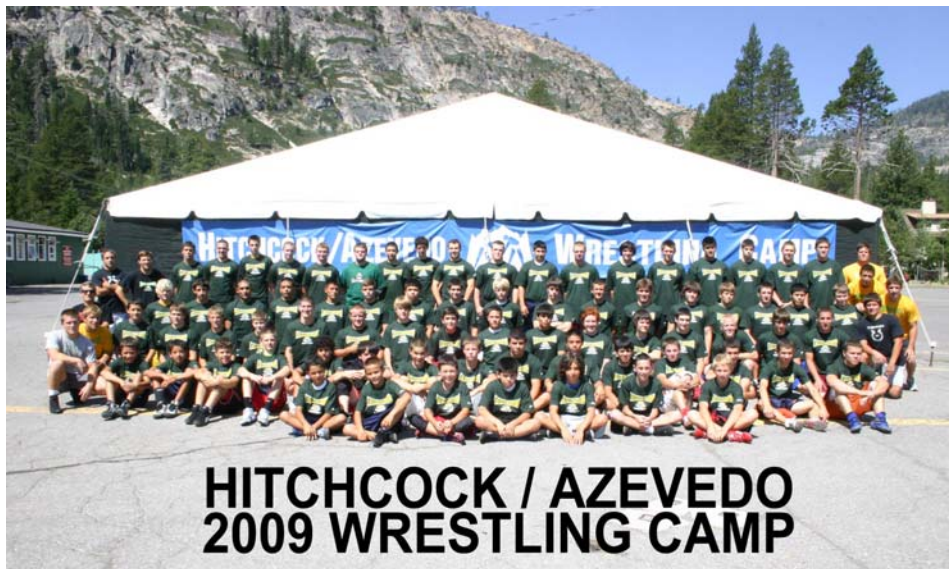
Summer 2011 Contact Information at Camp

There will be several days when you will not be able to reach us. **July 7-9**, we pack up our office and relocate to Squaw Valley. It takes us some time to acquire the buildings and unpack to set up the office again. During that time, we are also setting up the camp store and getting things ready for you. Please be patient with us during that time. We only have one phone line at camp and things can get busy.

Camp address and phone number are as follows:

P.O. Box 3125
Olympic Valley, CA 96146
530-581-2785 Phone
530-581-2543 Fax
hawrestlingcamp@gmail.com

Please direct any correspondence to this address after July 7, 2011.





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Map and Directions to Hitchcock Azevedo Wrestling Camps



Physical Address: 1960 Squaw Valley Rd., Olympic Valley, CA 96146

From Northern California

Take Interstate 80 northeast into the Sierra Nevada.

Exit at Truckee, onto Highway 89 SOUTH, towards Lake Tahoe/Tahoe City/Squaw Valley.

Follow Highway 89 south 8 miles to the Squaw Valley Rd. Exit. Turn RIGHT and follow Squaw Valley Rd. to the base of the mountain.

From Reno, NV and Eastern U.S.

Take Interstate 80 WEST into California and on to Truckee. (Approx 30 miles from Reno)

Take the Highway 89 SOUTH Exit towards Lake Tahoe/Tahoe City/Squaw Valley.

Follow Highway 89 SOUTH 8 miles to the Squaw Valley Rd. Exit. Turn RIGHT and follow Squaw Valley Rd. to the base of the mountain.



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Daily Schedule

Welcome to Squaw Valley and the Hitchcock/Azevedo Wrestling Camp, the finest wrestling skill training camp in the United States. We hope your stay will be beneficial in every way. We are sure that when you leave camp, you will take with you useful wrestling skills and many wonderful memories. In order to make this camp a smooth running operation, it is important that you understand our schedules and what items you need to bring to camp.

TENTATIVE SCHEDULE: Opening Day

9:00 – 11:30 am – Registration
12:15 – 2:30 pm – Orientation/Wrestling
2:30 – 3:10 pm – Snack Break
3:15 – 5:15 pm – Session 2
5:15 – 6:15 pm – Dinner
6:15 – 7:00 pm – Free Time
7:00 – 9:00 pm – Wrestling
9:00 – 10:15 pm – Movie/Seminars
10:10 pm – Camp Store closes
10:15 – 10:30 pm – Report to rooms
10:30 – 10:45 pm – Bed check – lights out

TENTATIVE SCHEDULE: Days 2-3 9

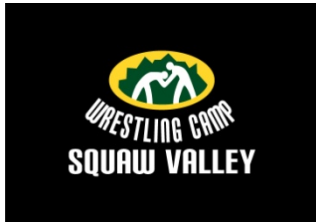
6:45 – 7:00 am – Wake up
7:00 – 8:00 am – Weight training, morning run

7:30 – 8:30 am – Breakfast
8:30 – 8:45 am – Free time/prepare to wrestle
9:00 – 9:05 am – Roll call
9:05 – 11:00 am – Wrestling instruction
11:00 - 12:00 pm – Lunch
12:00 – 2:45 pm – Recreation/Activities
1:00 – 2:00 pm – Skill Movies/Free Time
3:00 – 5:00 pm – Roll Call/Wrestling
5:00 – 6:00 pm – Dinner
6:00 – 6:45 pm – Wrestling Videos/Free Time
7:00 – 7:05 pm – Roll call
7:05 – 9:00 pm – Wrestling
9:00 – 10:15 pm – Wrestling/Movies/Seminars
10:10 pm – Camp Store Closes
10:15 – 10:30 pm – Report to rooms

TENTATIVE SCHEDULE: (Closing day)

6:45 – 7:00 am – Wake up
7:00 – 7:45 am – Breakfast
8:00 – 10:00 am – Wrestling
10:00 – 12:30 am – Activities
12:30 – 1:00 pm – Lunch
1:00 – 2:45 – Session 2
3:00pm – Camp Ends

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Tentative Activities Pricing List

Activity Cost per Ticket

All of the activities listed below, except rafting, are provided by private vendors in Squaw Valley. There are some restrictions placed by the vendors on some of the below activities. Some activities may not be available depending on vendors.

- River Rafting \$15.00
- Cable Car Ride \$18.00
- Cable Car/Skate \$22.00
- Cable Car/Swim \$24.00
- Climbing Wall \$15.00
- Hiking No Charge
- Ropes Course \$30.00
- Miniature Golf (Pay at Squaw Valley Village) \$8.00

Activities Schedule

Activities begin Daily right after lunch on Days 2, 3, & 4 of each session

- River Rafting
- Hiking Daily
- Cable Car Daily (Except Weekends)

This list is to give you an idea of the activities available and the related cost for each. There will be a sign-up table available during registration for scheduling the activities of your choice. Payment for activities should be made at the time of registration on first day of each camp.

You can visit <http://squaw.com/summer> for more information regarding availability and descriptions on most of the activities mentioned above. These are tentative prices that will be finalized in late June 2010.



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Things to bring to Camp:

Important note: Please bring your own towels and lightweight sleeping bag and pillow

Suggested Work-out and Personal Items

Wrestling shoes, running shoes, lightweight sleeping bag, towels, shorts, practice t-shirts, soap, shampoo, shirts, swim trunks, athletic supporters, mouth protector, shorts, jeans, sweater, jacket, street/ kneepads and headgear, tennis shoes/hiking boots, shampoo, soap, toothbrush, comb, locker lock, deodorant, sun block, chap stick, insect repellent.

NOTE: bring enough workout clothing for the entire camp stay – there are LIMITED laundry facilities at camp. Mark all clothing and personal items. Wrestlers attending more than one session will be taken to a Laundromat between sessions.

Spending Money for Activities, Snacks, and Equipment

There is always the question about whether the Campers need any spending money. They don't, but there are things available that do cost money. The wrestlers are fed three all-you-can eat meals daily, there is water available all day long, and there are plenty of activities that are free to entertain them in the off hours.

Many of the Campers like to have a snack or Gatorade after a workout or before bedtime. The Camp Store has numerous drinks and snacks from \$1.00 to \$3.00.

There are a few activities that have a cost. See the Activities page. One of the preferred activities is the River Rafting trip down the Truckee River. The cost is \$15. This trip is extremely popular and usually sells out every day. Outside of the great techniques learned, this is often one of the great memories of the trip. During the breaks, the campers can also walk over to the Squaw Valley Village. There are shops, ice cream, and video games to entertain them.

We also have souvenir "Hitchcock/Azevedo Wrestling Camp" T-shirts and Sweatshirts. These are very popular and are a great memory of the summer and cool to wear to school next year. Finally, we have wrestling gear such as shorts, headgear, kneepads, shoes, bags, etc. There are more items that can be purchased at www.wrestlingmart.com.



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Information and Rules

Camp Session Schedule

Session 1 – July 10 - July 13, **Session 2** - July 16 - July 19, **Session 3** - July 21 - July 24,
Session 4 - July 26 - July 29, **Session 5** - July 31 - August 3.

Camp Location – Squaw Valley, USA

The Hitchcock/Azevedo Wrestling Camp is located at the base of beautiful Squaw Valley USA, an alpine resort in the heart of the scenic High Sierras near stunning Lake Tahoe, California. Squaw Valley is an excellent location for a Wrestling Camp.

Getting to Camp

By Bus or Train: Both Greyhound and Amtrak provide daily service to the historic town of Truckee, California, located only 10 minutes from Squaw Valley USA. Plan to arrive no later than 11:00am and please call us at (530) 581-2785 to let us know **at least 48 hours prior to arrival** for the Camp van to pick you up for a nominal charge of \$10 (for pick up and drop off).

By Plane: Nearly all-major airlines fly into Reno, Nevada. **IF NOTIFIED 48 HOURS IN ADVANCE**, a Camp van will pick up wrestlers at the Reno Airport at a charge of \$20.00 per person. **If arriving by plane, make your reservation for arrival between 8:30 am and 10:30am on opening day. This will help us consolidate pick-ups. Arrange departure reservations no earlier than 5:30pm on closing day of Camp. A CAMP COUNSELOR WILL MEET ALL ARRIVING WRESTERS AT THE BAGGAGE CLAIM AREA AT THE RENO AIRPORT AND TRANSPORT THEM TO CAMP.**

Camp Arrival and Departure Time

Arrival: **Camp registration will be held between 9:00am and 11:30am.** Wrestlers should be ready for a 12:15 pm orientation meeting, followed by the first wrestling session.

Departure: **Parents can pick up their wrestlers after 3:00pm** or they can make bus or plane schedules after that time. **WRESTLERS WILL NOT BE ALLOWED TO LEAVE CAMP AT ANY OTHER TIME WITHOUT PARENT PERMISSION.**

Attending More Than One Session

If a wrestler enrolls for more than one session, parents may pick him up between sessions or make special arrangements for him to spend the time elsewhere. A wrestler may stay at Camp between sessions for a fee of \$50.00 per day, which includes lodging, meals, and supervision.



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Cancellation Policy

Notice of cancellation must be received in writing by July 1, 2011 in order to receive a refund of your registration fee less the \$100 non-refundable deposit. No refunds will be given if cancellation is made after July 1, 2011. Substitutions will be accepted with advance notice, or credit will be given with medical verification.

CAMP SERVICES

Camp Office Hours

During Camp, the office hours are 9:00am – 7:00pm. An answering machine will take your message any time the Camp Office is closed. It will be checked numerous times each day.

Telephone Messages

Any messages received for wrestlers will be announced at the wrestling session or posted on the board inside the Hostel. The phone at Camp is 530-581-2785 and the fax number is 530-581-2543.

Mail

Outgoing mail can be placed in the mailbox in the Camp Store. The names of those receiving incoming mail will be posted on the bulletin board and can be picked up in the Camp Office. The Camp mailing address is Hitchcock/Azevedo Wrestling Camp, P.O. Box 3125, Olympic Valley, CA 96146.

Camp Bank

A Camp Bank is available in the Camp Store for all wrestlers. It is suggested that valuables such as money, plane tickets, jewelry, etc. are put in the bank for safekeeping. The bank is open whenever the wrestlers are not in a wrestling session. Personal lockers are also available to secure valuables – please bring a combination lock. Or one can be rented at camp.

Valuables

You are responsible for your own valuables. The Camp is not responsible for anything lost or stolen. The Camp Bank will be open daily whenever the Camp Store is open so that you can check out whatever you need. Lockers are available for your use. A limited number of rental Locks are available in the Camp Store with a \$5.00 deposit and \$2.00 rental fee. Deposit is returned when you turn in your lock.

ASICS Wrestling Equipment and Souvenir Items for Sale (Camp Store)

There will be a wide selection of ASICS wrestling workout gear and Hitchcock/Azevedo Wrestling Camp shirts and sweatshirts available for purchase at the WrestlingMart.com Camp Store.



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Recreation

Wrestlers will have a wide variety of recreational activities to participate in during their leisure hours. Activities include: supervised hiking and river rafting, chess, movies, video games, cable car rides, swimming, ice skating, climbing wall, ropes course, sky jump/bungee, trampoline, etc. Please be advised that there is a charge for some of these activities. See Activities List Price sheet for details.

Dining

Three delicious, well-balanced, all-you-can-eat meals will be served daily at a local restaurant.

Housing and Supervision

ROOM AND BED ASSIGNMENTS ARE MADE AT REGISTRATION UPON ARRIVAL AT CAMP.

Wrestlers will be assigned to dormitory-style rooms in the Hostel. Wrestlers will be responsible for maintaining the cleanliness, not only of their rooms, but of the entire Camp area as well. Experienced Camp staff will supervise grounds, housing, and Camp activities.