



Cook Wrestling Camp LLC

Camp Rules

Your team must respect others at the resort and wrestling facility (i.e. camp staff, lifeguards, security, resort staff, other teams, as well as other guests at the resort and waterpark). If a serious problem occurs, your athlete/s may be asked to leave camp. Parents will be notified and may have to pick up their child. There will be 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 be notified and may have to pick up their child. There will be no refunds.

Your team will be held responsible for any damage/destructive behavior committed by your team in the resort, waterpark, or wrestling facility. *Please note: Coaches are required by the resort to put a credit card on record (for their team) with the resort in case of any such damage.

ANY item thrown from a balcony will result in a \$50/item fee by the resort. They do have numerous cameras in the resort area so it is not difficult for them to figure out which room/team to charge.

Teams and team members are required to pick up after themselves in the resort and wrestling arena. This includes any trash, personal items, cups, water bottles, etc.

Participants must be respectful of other resort guests when in the waterpark area and resort. Stay off little kid's slides in the water park area and do not roughhouse in the waterpark. Failure to follow these rules and lifeguard instructions will result in loss of waterpark privileges for your entire team for the remainder of camp and may result in expulsion from camp. Resort security will be monitoring these areas and will provide us with the names of teams who have lost waterpark privileges. Wristbands for these teams will be removed.

Teams and team members must stay off the golf course. Resort security will be monitoring these areas.

Teams may not gather in large groups in the resort hotel rooms. This often creates noise complaints, and hotel security will investigate.

In registering for this camp, coaches, participants, and parents have agreed to follow camp rules and acknowledge that failure to do so may result in immediate expulsion from camp with no refund of camp payment.

WEIGHT CLASSES FOR CAMP (14 weight classes for girls as listed below)

- GIRLS – 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 155, 170, 190, 235

WEIGH-INS – All wrestlers will be weighed in upon arrival at camp. There is a 7-pound weight allowance (i.e., 107lbs = 100 weight class)

SKIN CHECKS – All wrestlers will have to pass skin checks during weigh-ins. Please review the Infection Prevention Checklist with your team. Any athlete 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 a doctor's written clearance to participate.

WELLNESS – Please remind your athletes and coaches that if they are not feeling well they should refrain from any activity where they are around others.

Teams should wear singlets for matches. Freestyle/high school singlets are acceptable

Athletic trainers will be present at the wrestling sessions. However, each team must bring a MED KIT with supplies for taping, blood cessation, and sanitation. Clean up your blood.

Our college athletes will be the referees, your team must be respectful. Each team will supply 1 table worker to run the clock and scoreboard during each dual.

The microphones for Flo-Track are live at the score tables. Team members should be respectful and know that their words can be heard by viewers. We often receive reports on teams from fans watching the live stream and CWC staff will talk with the head coach if an issue is reported.

Time periods for duals will be 2-1-1. Time periods for the individual tournament will be 1-1-1.

There will be a 4-man – Round Robin Individual Tournament Tuesday night.

FARM OUT/PICK UP PROCESS – Coaches may farm extra athletes out to other teams needing specific weights to get them more matches. Coaches may also pick up athletes to fill holes in their lineup. This process is completely optional. We will email a farm out form to head coaches in early June. Coaches choosing to participate must complete form by deadline indicated (usually a week prior to camp).

RULES - We use the rules set forth by the WI High School Wrestling Association (2024)

Three changes were implemented:

- 3pt take down
- 4pt near-fall
- Out-of-bounds rule amendment

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