**ONTARIO High Performance (OHP)**

**Mohawk Valley Camp and Tournament**

**Thursday March 10 - Sunday March 13**

**Brock University, St. Catharines**

**Please e-mail:** [**OHPwrestling@gmail.com**](mailto:OHPwrestling@gmail.com)

**Deposit due by February 29**

**Schedule**

**Monday March 7: Final Payment due**

**Thursday March 10:**

6:30pm -Registration

7:00-9:00pm - Mat Session #1 (technique and light scrimmage)

B rock Athletics Center

9:30pm -check into Four Points Sheraton

3530 Schmon Parkway, Thorold, ON L2V 4Y6

**Phone:**(905) 984-8484

**Friday March 11:**

10am-noon - Mat Session #2 (technique and light scrimmage)

B rock Athletics Center

noon-1:00pm - Weigh-in, weights will be emailed.

1:00-3:00pm - Lunch & Activities

3:00pm - Depart St. Catharines

7:00pm - Arrive Syracuse

**Saturday March 12:**

9:30am Coaches Meeting

10:00am Cadet (2000-2001), Junior (Gr 9-12) wrestling begins

10:30 Schoolboy (2002-2003) wrestling begins

11:00am Open & Female wrestling begins

**Sunday March 13:**

9:00am -Clinic

Noon -Depart Syracuse

3:00pm - Arrive St. Catharines

Cost: $350 (incl HST) 2016 Provincial Medalist,

$400 (incl HST) non-Medalist

Fee includes:

* + Brock camp
  + Mohawk Valley tournament entry fee
  + Accommodations in St. Catharines and Syracuse
  + Transportation from St. Catharines to Syracuse
  + Team T-shirt

Please visit the link below.

[WWW.ETEAMZ.COM/MOHAWKVALLEYWRESTLINGCLUB/](http://WWW.ETEAMZ.COM/MOHAWKVALLEYWRESTLINGCLUB/)

Email your intentions to participate to ohpwrestling@gmail.com by February 29, 2015

Mail your $150 deposit to:

OAWA

3 Concorde Gate, Suite 213

Toronto, Ontario

M3C 3N7

**Requirements:**

-Must have a valid passport

-Must have a travel permission form noting US travel with OHP

-Proof of travel insurance

Hotel Info St. Catharines:

Four Points Sheraton

3530 Schmon Parkway

Thorold, ON L2V 4Y6 Phone**:** (905) 984-8484

Hotel Info Syracuse:

Super 8 Liverpool/Syracuse

421 7th North Street  
NYS Thruway (I-90) Ex 36 & 37  
Liverpool, NY 13088 Phone: (315) 451-8888

Venue Info Tournament:

Canastota High School

101 Roberts Street Canastota, NY 13032

Note: Bantams are welcome to participate. They MUST be accompanied by a parent. Parent is responsible for transportation and accommodations. We will book a room for you at the team hotels.

Fee: $100

Includes: Camp at Brock University, tournament entry fee and team t-shirt

Parents are welcome to join the team and stay at the team hotels.

Chris Stefopulos

Canada Summer Games Program Manager

ohpwrestling@gmail.com

416-859-6985