



**Sunday, July 12
To
Sunday, July 19**

Brampton, Ontario, Canada

**A WORLD CLASS
WRESTLING
EXPERIENCE!**

**LEARN FROM THE BEST!
Clinicians Include:**



ANDY HROVAT
US National Team Coach
Cliff Keen WC Coach
New York AC Coach
2008 Olympian
3X NCAA All-American

**PAN AM GAMES NATIONAL
TEAM COACHES**

TONYA VERBEEK
2X Olympic Medalist

More To Be Announced!!!

ITINERARY

DAY 1 – July 12

- Ontario Cup Competition
- Transportation to Camp Hotel
- 6pm – Camper Registration

DAY 2 – July 13

- Canada's Wonderland

DAY 3 – July 14

- AM & PM On Mat Sessions
- Guest Clinician
- Evening Entertainment

DAY 4 – July 15

- AM & PM On Mat Sessions
- Seminar I - Nutrition
- Evening Entertainment

DAY 5 – July 16

- AM & PM On Mat Sessions
- Seminar II – Mental Preparation
- PAN AM GAMES FINALS

DAY 6 – July 17

- AM & PM On Mat Sessions
- Guest Clinician - Andy Hrovat
- Transportation to Camp Hotel
- PAN AM GAMES FINALS

DAY 7 – July 18

- AM & PM On Mat Sessions
- Guest Clinician - Andy Hrovat
- Transportation to Camp Hotel
- PAN AM GAMES FINALS

DAY 8 – July 19

- 10am – Camper Departure

**DETAILED ITINERARY IS
AVAILABLE AT WWW.OAWA.CA**

REGISTRATION

This is a pre-registration event only.

Before June 15

\$650 – Ontario High Performance (OHP) Athletes

\$750 - Non-OHP Athletes

\$600 - Commuter Athletes

***\$795 – Non-OAWA member**

\$US650 - American Athletes

**After June 15 Add \$50 late fee
Plus 13% HST**

***Contact the OAWA if you are
not a member**

Fees Include:

- 7 Nights Accommodations
- All Meals (snacks not included)
- Camp Uniform
- Mesh Backpack
- Canada's Wonderland Pass
- Tickets to Pan Am Games Finals
- Laundry Services
- Transportation from Ontario Cup
- Off Mat Seminar Materials
- Nightly Activities/Entertainment

To Register:

- 1) Visit OAWA.CA to download registration form.
- 2) Complete registration form and mail along with payment to:

OAWA
213-3 Concorde Gate
Toronto, ON M3C 3N7



ADDITIONAL INFORMATION

Camp staff will supervise athletes while at the host hotel and training center. Athletes will be given some unsupervised free time to see the neighborhood and during excursions. Athletes are expected to adhere to the camp **code of conduct**.

Athletes are expected to adhere to the camp **hygiene policy**. Training gear must be washed in between use. Laundry services will be available (included in camp fee). Showers must be taken after all training sessions,

CAMPER CHECKLIST

- Spending money (for souvenirs, snack and excursions)
- Medical Insurance (if out of province)

What to pack?

- Outdoor Running Shoes
- 8+ Training Tshirts
- 4+ Training Shorts
- Walking Shoes for excursions
- Sleepwear
- Swimwear (Wonderland waterpark)
- 2+ Towels
- Rain Jacket
- Casual Clothing



LOCATION

Host Hotel

Days Inn

260 Queen St East, Brampton
(905) 457-8880

Training Center

Brampton Centennial SS

251 McMurchy Ave. S
Brampton, ON

STAFF

Co-ordinators

Kimin Kim

Tonya Verbeek

Heather Sweezey

CONTACT

Get more information at:

www.oawa.ca

If you have questions email:
panamcamp@gmail.com