



ARCTIC WINTER GAMES TRIALS & WRESTLING CAMP

Yellowknife, NWT November 22-26, 2023

Dear Wrestlers,

We can't wait to see you in Yellowknife! Please come prepared to have fun, learn, and challenge yourselves! **Bring your POSITIVE ATTITUDES!**

Wrestling Schedule

Wednesday November 22nd:

- Out of Town Athletes arrival (Ulukhaktok 4:40 PM arrival; Gameti 4:05 arrival)
- 5:00 PM Grocery Shopping at Independent grocery store followed by Light Dinner
- 7:00-8:30 PM Practice and Team Building, Ecole St. Joseph school. (Meet in Stanton Lobby to walk at 6:50 PM)
- 9:00 Snack at Stanton Suites Lobby

Thursday November 23rd:

- 10:00 AM-12:00 Practice 1 | Practice 2: 6:00-7:30

Friday November 24th:

- 10:00 AM-11:30 Practice 1 | Practice 2: 1:30-3:30 | Practice 3: 6:00-7:30

Saturday November 25th:

- Practice 1: 9:00-11:30 AM (Weight Class wrestle offs as required) | Practice 2: 1:30-3:30
- 5:00 Team Meal (all athletes, chaperones, coaches, coaches in training – Hosted by NWT Amateur Wrestling)

Sunday November 26th:

Goodbye!

HOTEL: Stanton Suites, 476 Range Lake Rd, Yellowknife, NWT

WRESTLING GYM: Ecole St. Joseph 489 Range Lake Rd, Yellowknife, NWT

Packing Check List

Clothes:

- FITNESS CLOTHING: T-shirts and shorts or fitness pants, socks, underwear. Ideally, we recommend that you have a full change of clothes for each practice as you will sweat. We will have seven practices/sessions. Bring as many changes of fitness clothes that you can! (If you don't have enough clothes, we will try to hang clothes to dry or potentially wash clothes as needed). Extra socks are encouraged as we will be using socks on the mats for those who don't have wrestling shoes.
- WARM CLOTHES: (Jacket, toque, snow pants, mitts, scarfs, warm socks etc.) **You will be walking outside** between the wrestling gym and the hotel as well as to the grocery store and restaurants. Expect a 5-8 minute walk to the gym.

Footwear:

- INDOOR RUNNING SHOES for training on the gym floor. If you have WRESTLING SHOES, please bring them (if you don't have wrestling shoes, you can use socks).
- WARM OUTDOOR BOOTS for walking outside

Hygiene products:

- Deodorant, toothbrush and tooth paste, hair brush, comb, feminine hygiene etc. The hotel will provide free soap and shampoo. It will be important for you to practice good hygiene and shower each day! Wrestling is a contact sport and we don't want anyone to get a skin rash!

Pyjamas

Water Bottle

Swimsuit

Medication (Please give medication to chaperones with instructions to dispense as needed)

Spending money (Please ensure you keep money in a safe place)

Cell phone (To contact family member and/or take photos)

- Please note, that although athletes are allowed to bring cell phones to call family members, **we discourage the use of cell phones at night**, especially during camp. Good sleep and rest is important for athletes to train, recover and helps with injury prevention! We ask that athletes are responsible with their phone use (i.e. **phone use will not be permitted during practice times except in the case of an emergency**). We also ask that athletes don't use their cell phones to view inappropriate content or send/receive inappropriate texts.

Optional items

- Cameras, books, sketch pads, board games, crossword puzzles etc.

WHAT NOT TO BRING: Anything expensive that might break! If you choose to bring a gaming system with you, we ask that you respect set bedtimes. Wrestling camp is a great opportunity for you to connect with friends and try new things! **We encourage you to limit technology and make use of the opportunity to connect with others!**

Other activities will be scheduled throughout the camp. **Non-local athletes are expected to participate in ALL group activities in order for chaperones to provide supervision. Local athletes are encouraged to join group activities such as swimming.**

Athletes staying in Yellowknife after the wrestling camp will be expected to follow the rules set by their chaperones (i.e. obey curfew, attend group activities, be respectful to leaders and teammates, don't engage in activities that are illegal (underage drinking, drugs etc), or activities that are harmful to themselves or others). Athletes ARE NOT permitted to smoke or vape.

Although wrestling is an individual sport, community is a very important part of our sport. The goal for the camp and trials is to build a bigger, stronger, wrestling community and help you in your own personal growth! **YOU ARE PART OF OUR TEAM, REGARDLESS OF WHETHER OR NOT YOU MAKE THE OFFICIAL ARCTIC WINTER GAMES TEAM!** We ask that athletes staying at the hotel walk together to and from practice. Local athletes, you are welcome to meet us at the hotel and walk with the team, or meet us at the school.

IN CASE OF EMERGENCY:

Coach Monique Smith 403-870-0654

Coach Gary Lynch 807-707-4964

Spider Jones (Sport North) 867-688-0121