



FALCONS

UW-RIVER FALLS WISHBONE/BIG O & BIG D CAMP

This letter is to help you finalize your plans for Wishbone/O & D Camp and to remind you of some important last minute details. Please contact us if you have any further questions. We will be staying in two dorms. They are Prucha Hall and Johnson Hall.

When you arrive on campus, report to Karges Gym (off Cascade St.). Campus maps are available at <http://www.uwrf.edu/map/oblique/prucha.php> or http://www.uwrf.edu/map/par_map.pdf Registration will take place between 11 a.m. and 1 p.m. on **SUNDAY, July 12**. Arrive early enough so that you will have time to go on a campus tour and pick up your equipment during this time. The first camp meeting is at 2 p.m.

Checkout is between 2:00-3:00 p.m. on Wednesday, July 15.

Everyone needs to be out of the dorm by 3:00 p.m.!

REMEMBER:

- ***LINENS WILL NOT BE PROVIDED - BRING YOUR OWN SLEEPING BAG AND PILLOW!!**
- QUARTERBACKS, RECEIVERS, RUNNING BACKS, TIGHT ENDS AND DEFENSIVE BACKS, BRING A FOOTBALL WITH YOU. **PUT YOUR NAME ON IT WITH A PERMANENT PEN!** Many leagues use different kinds of balls. You should work with the ball you will use. **WE WILL NOT PROVIDE YOU WITH A BALL!**
- FOR ALL PLAYERS: An old pair of wrestling knee pads isn't a bad idea... since we are in helmets, shoulder pads, and shorts, the knees can get bruised and skinned when hitting the ground.
- Football is played in any weather, and we will practice rain or shine!
- Are you in shape? Report in good condition. It is a sad athlete who sits on the sidelines with blisters, pulls, etc., while camp activity goes on.
- We do not tape at camp. If you need to be taped, bring your own tape.
- Final camp payment should be made prior to camp or at camp registration.
- Those using camp van pickup service - A \$40.00 van fee will be paid by those being picked up at the St. Paul Greyhound Bus Station. This fee includes round trip service.
- A key deposit will not be required; however, if you do not return your key, you will be billed \$40.00.
- Campers with cars must turn in car keys. Cars will not be used during camp.
- First camp meal is supper on registration day, and the last meal is lunch on departure day.
- Campers dress and keep equipment in their dorm room.
- Do not leave campus. Be present at all meetings and practices.
- Be in your room at 10:45 p.m. Lights out at 11 p.m.
- Campers will not be permitted to leave camp early unless parental permission has been cleared with Coach O'Grady.
- Recheck this list for what to bring. Contact Coach O'Grady with any questions that need answering. Phone - Area Code 715-425-3135 or 3138, or 1-800-228-5613

Camp will be rugged! Report in good condition!!

TRAVEL INFORMATION:

1. If you are traveling by commercial transportation, please notify us **two** weeks in advance of your specific travel plans.
2. Bus - Greyhound (St. Paul, MN)- \$40.00 (round trip to/from UWRF) van charge - Arrive the evening before camp if you have a long trip.
3. If driving to camp, check a road map for best route. <http://www.uwrf.edu/map/>
4. Check in at **Karges Gym**. http://www.uwrf.edu/map/par_map.pdf
5. Early arrivals (those arriving the night before camp) will be charged \$13.00 for a dorm room. Check in at **Crabtree Hall between 6:00-10:00 p.m.** Meals may be purchased at the University food service or at local restaurants.
6. Emergency during travel? Call Coach O’Grady at 715-425-3135 or Toll Free 1-800-228-5613.

WHAT TO BRING TO CAMP:

Personal

SLEEPING BAG & PILLOW!

- Street clothes/jacket
- Pajamas, underwear, socks
- Towels
- Soap and toilet articles
- Laundry bag for dirty clothes
- Gym shoes - a MUST!
- Clock
- Fan

Football Equipment

- Water Bottle
- FOOTBALL (QB’S, Rec., RB, TE & DB) MARK IT!
- Football jersey
- Football shoes
- Wrestling knee pads
- Mouth guard
- Supporters
- Sweat socks

SPENDING MONEY:

- Only what you will need for incidentals.
- Camp meals start with supper on registration day and end with lunch on departure day.
- UWRF clothing articles will be available for purchase

AVAILABLE FOR SALE AT CAMP: T-shirts, Hats, Shorts, Sweatshirts

CHECK WITH YOUR STATE ASSOCIATION FOR SUMMER CAMP RULES

-ABIDE BY YOUR STATE RULES:

If your state permits your high school to issue you a helmet and shoulder pads, bring them with you. It will help us a great deal with our equipment issue.

VISITING COACHES AND PARENTS ARE WELCOME:

Many coaches and parents have visited UW-River Falls camps in the past. Visitors are welcome, but are expected to provide for their own room and board. Limited dorm space will be available this summer – call Student Affairs at 715-425-4444 to check availability or to reserve a room.

River Falls Motels – River Falls Motel	715-425-8181 (Near Ramer Field-No Pool)
Highland	715-425-8388 (Has Pool)
America’s Best Value Inn	715-425-6707 (No Pool)
Country Inn & Suites	715-425-9500 (Has Pool)