

Apex Wrestling

July 22, 2016

Itinerary for 1000 Islands Duals (High School Division)

8/5 Weigh In at Clayton Town Rec. Park, Clayton, NY 13624

We will meet in front of the gazebo near the main entrance at 3:15pm.

If you do not weigh in with our team at the scheduled time, you may have to wait until the last team weighs in before you can step on the scale.

Weigh Ins run from 3:30-5 pm and we will be assigned a weigh in time.

Wrestle at 5:30 or 7 pm (Depending on Team, I will let you know).

8/6 Wake-up and Eat Breakfast 7am

Depart For Clayton Area Arena 7:30 am

8/7 Wake-up and Eat Breakfast 7:30 am

Depart For Clayton Area Arena 8 am

Return to Rochester at 4:30 arriving at 7pm (Estimation)

**Pack a separate bag with your wrestling gear, swimsuit and towel*

**The cost of the Tournament is \$40. Please provide Coach Bovenzi with cash or a check made out to Apex Wrestling for that amount.*

**Money for food depends on what you pack for yourself. At least bring something for after weigh ins.*

**Pack a sleeping bag and pillow.*

FYI: They do sell food, wrestling t-shirts, singlets, shoes and headgear at the arena.

Thanks,

Coach Bovenzi

Hotels In Ft. Drum (just North of Clayton)

Days Inn Evans Mills/Ft. Drum. Microtel Inn & Suites Calcium/Near Ft. Drum

Candlewood Suites Watertown-Ft. Drum

Hotels In Watertown (just South of Clayton)

Ramada Watertown, Hampton Inn Watertown, Best Western Watertown/Ft. Drum, Hilton Garden Inn Watertown, Fairfield Inn and Suites Watertown, Comfort Inn and Suites Watertown, Econo Lodge

Apex Wrestling Club-20 Hopper Hills Way-Mendon, NY 14506

Camp Director: Jason Bovenzi

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