

Navy Wrestling Camps

Frequently Asked Questions (FAQ)

What is the difference between the SEAL camps and the Technique camps?

- The Technique camp is just like it sounds, and has 3 sessions a day that just include showing wrestling techniques during the sessions. There is minimal live wrestling during Technique camp until the last day of camp then there is an optional round robin tournament.
- SEAL camp is our version of an INTENSIVE camp. There are 4 workouts a day, beginning with a morning run, followed by a morning session of technique, midday session of live wrestling and concluded with an "Overtime Training" session usually lead by active duty SEALs.

How do I request a roommate/ how do I room with a teammate?

- Instructions will be emailed out and/or posted once we are accepting roommate request. We **will not** accept roommate request via email or voicemail.

Can I be roommates with someone from another camp? (Example: Tech camper rooming with a SEAL camper)

- No, because of different schedules and camp requirements, campers that are in different camps cannot room together. This includes siblings in different camps.

If a camper is coming to camp by themselves how do you assign rooms?

- Rooms and roommates are assigned based off age of campers or roommate request.

Is there a difference in the different sessions of each camp? (Example: Is tech camp sessions 1 different from tech camp session 2?)

- There is no difference in the different sessions of camps. Sessions are just offered at different times to accommodate camper's summer schedules and give campers more opportunities to attend Navy Wrestling camps.

Can daughters attend Father-Son camp?

- Yes, all of our camps are co-ed except for the GI Jane camp, which is female only.

What do the Fathers do during Father-Son Camp? Do the Dads have to have wrestling experience? Do the Dads have to wrestle?

- Fathers can do as much or as little as they'd like. This camp requires zero wrestling experience. Fathers are there to spend quality time with their son, and be an extra set of helpful eyes and personnel to help develop these young campers. The Dads do not wrestle each other, and won't wrestle unless they want to be their son's partner.

What is the correct mailing address if I want to mail in a check and who should the check be payable to?

- Checks should be payable to "NAAA – Navy Wrestling Camps"
- The mailing address is:

Navy Wrestling Camps
566 Brownson Road
Annapolis, MD 21402

What time is drop off and pick up for the Technique Camp – DAY campers? (Technique camp is the only camp that is a commuter camp)

- The first day of camp, campers will go to registration at Navy-Marine Corps Memorial Stadium between 11:30am – 1:00pm.
- Pick up every day of camp is at Wesley Brown Field House at 8:45pm.
- After that first day, drop off is at Wesley Brown Field House at 8:15am.

What meals are included for DAY Campers?

- Lunch and Dinner are included for DAY campers. Breakfast is NOT included.