

Summer Camp Details and Important Information

Check-in for the Baldwin City, KS camp will be in the Lobby of Denious Hall.

CHECK-IN TIME: 12:00 pm - 2:30 pm

CHECK-OUT TIME: 11:30 am - 12:00 pm

\$10 Cash is required for Key/Damage Deposit at check-in and will be refunded at check-out when you return your key provided the room is left in the same condition it was in at arrival. The lost key charge is \$25 and you will be responsible for paying this before checking out if your key is not returned. **We recommend that commuters arrive at check-in closer to 2:30 since you will not need to check into a room. Even though commuters will not be checking in to a room, everyone will still need to check in to camp at Denious Hall.**

***PERSONAL CHECKS OR CREDIT CARDS WILL NOT BE ACCEPTED AT CHECK-IN. CASH OR MONEY ORDER ONLY.**

*Coaches or parents with groups should gather your wrestlers' balances due and key deposits and turn them in together. It is not necessary for every athlete to stand in line. Your cooperation will make for a quicker and more efficient check-in. Thank you!

* **First camp meeting and workout on check-in day is at 3:00 PM in the Collins Sports Center. Arrive on time and dressed to workout. Dinner will be your first meal at camp.**

* **If you are traveling by plane or bus, e-mail or fax us your itinerary immediately. It is very important that we receive this information at least 2 weeks before the camp begins so we can make arrangements. It is also very important that we receive a cell phone number for the wrestler who is traveling. **E-mail the information to: tara@kenchertow.com or fax it to: 814-466-3420.** When you arrive at the airport, please proceed to the baggage claim area immediately. Get your bags and then walk out to the curbside pick up area (just outside of where you picked up your bags). You will be picked up by a camp staff member wearing a camp T-shirt. **In case of a delay or an emergency, call the phone number below.****

* **The Baker University phone number is 785-594-6451**

HOUSING/ROOMMATE REQUESTS – We put 2 campers per room in the dorms.

If you do not have a roommate request we will pair each camper with 1 other camper of approximately the same age and weight. There is no switching around at check-in. If you have a roommate preference not already indicated on your application, please e-mail us at tara@kenchertow.com immediately. **Roommates must be enrolled in the same camp (Gold Medal, Kids Training, etc).**

WHAT TO BRING:

Notebook & Pen

Wrestling & Running Shoes (Sandals for walking to and from rooms and practice areas.)

Workout Gear (T-shirt, Shorts, etc.)

Extra Money for late-night pizza & souvenirs

Toiletries & Laundry Bag (Mesh laundry bags will be available at check-in for \$10.)

Optional Items

Swimming Trunks

Sleeping Bag

Snack Foods

Alarm Clock

You need to bring your own sheets, blanket, pillow, and towels.

**NO PERSONAL CHECKS OR CREDIT CARDS WILL BE ACCEPTED AT CHECK-IN.
CASH OR MONEY ORDER ONLY. NO EXCEPTIONS.**

CANCELLATIONS & REFUND POLICY:

We do not issue refunds for the initial \$100 deposit. Please see our Refund/Cancellation Policy on the back of the enclosed letter from Ken.

GENERAL CAMP RULES: No Inappropriate behavior will be tolerated.

1. Attend all sessions each day, and arrive 5 minutes early to each session.
2. No camper is permitted to leave the camp facilities.
3. No camper is permitted to leave their room after bed check, and campers of the opposite gender are not permitted in each other's rooms.
4. No camper is permitted in a coach/staff room.
5. No alcohol, drugs, tobacco, or weapons of any kind are permitted or tolerated.
6. Absolutely no hazing or fighting of any kind will be tolerated.
7. Only wear your wrestling shoes on the mats. We clean the mats after each workout and strongly encourage campers to shower immediately after each session to prevent skin infection.
8. Campers are only allowed to use the pools (if available) during scheduled hours.
9. Any camper dismissed from camp for disciplinary reasons will not be refunded.

GENERAL DAILY SCHEDULE:

**note that session times are subject to change – a more detailed schedule will be available at check-in
More information about our daily schedule is also posted on our website at kenchertow.com*

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| 7:00 - 7:45 | Strength Training &/or Conditioning – optional |
| 7:30 - 9:00 | Breakfast for overnight campers |
| 9:30 - 11:30 | Technical Instruction |
| 11:30 - 1:00 | Lunch for commuters and overnight campers |
| 1:30 - 4:30 | Intense Drilling and Live Wrestling |
| 4:30 - 6:00 | Dinner for commuters and overnight campers |
| 6:30 - 7:00 | Guest Speaker may address mental preparation, goal setting, strength, nutrition or other topics of value |
| 7:00 - 9:00 | Review Session, Small Group Choices, Personalized Instruction and more |
| 11:00 | Bed Check & Lights Out |

Honor Roll - "Be a Scholar - Athlete not a dumb jock!"

Did you earn a 3.0 GPA or better during the 2007-08 school year? If so, pick up a **Gold Medal Camp Academic All-American** nomination form at the camp store and turn it in during the first few days of camp. Academic All-Americans will be selected based on your combined accomplishments in the classroom, on the mats and in other extra-curricular activities. Academic All-American Team selections will be posted on www.kenchertow.com. Check out www.kenchertow.com for last summer's Honor Roll of Scholars, State and National Champions, college stars, and past campers who continue to excel in life after wrestling.