

KEN CHERTOW'S

GOLD MEDAL WRESTLING CAMPS

Gold Medal Wrestling
PO Box 120
Boalsburg, PA 16827

814-466-3466
fax 814-466-3420
camps@kenchertow.com

Dear Camper:

I look forward to working with you and training you this summer. Included in this mailing you will find a detailed confirmation letter that has important information including what to bring to camp, specific information on paying any balance due that you may have, and many other details. Please read both letters carefully and completely and let us know if you have any questions. Attending our camp this summer will be an extremely beneficial experience, and the information that follows will allow you to maximize the benefits. I encourage you to report in good physical condition, particularly if you are attending the Super Gold or Gold Medal Training Camp.

If you have not already told your coach of your choice to attend our camp, I encourage you to do so.

We welcome your team and your teammates at camp, and by working with all of the wrestlers in your community, it will provide you with an even better training situation at home. Many coaches attend camp with their team, and I encourage your coach to take advantage of this opportunity as well. Have them contact me at the number or email address above if they would like to attend camp or learn more. Please also let your teammates know so that they can attend camp with you. If you would like brochures to distribute to your team and coach, please let us know how many to send.

Wrestlers who attended last summer's camp won **over 50 High School State Championships in 2010**, while *many more* **earned All-State Honors**. During April, many elementary and middle school campers won **AAU, USA, and MAWA National Championships**. More importantly, many of our past campers are very serious and successful student-athletes who are now wrestling in college while continuing their education. My staff and I encourage you to make a commitment to excellence *both* on and off the mats!

The camp you are enrolled in is conducted on a small campus. Meals will be served in the cafeterias with an all-you-can-eat buffet line. **You will be staying in dorms, so you will need to bring your own linens for a twin sized bed, pillow, towels, and toiletries.** There will be two wrestlers to a room. If you have a roommate preference that you did not indicate on your application, you need to let us know *NOW* at the above number. There will be no switching around at check-in. You are responsible for leaving your room in the same condition it was in when you checked in. You and your parents are responsible for any damages to your room. Vandalism or horseplay is not tolerated, and you will be sent home immediately if you do not respect this rule. **Be a class act!**

I have organized a staff of many *outstanding* coaches who know what it takes to excel. We are committed to helping you reach your highest goals. If you have any questions or problems during camp, feel free to talk to me, our camp director Ian Assael, and/or any of our dedicated staff, and we will address your concerns immediately.

After you benefit from your experience at our summer camp, as much as I know you will, I encourage you to continue learning and training with us. We have a very special **double camp discount** that entitles you to a \$100 discount at any of the other Chertow camps that you attend this summer. Another way that our students continue the progress they make during the summer is by attending our **Weekend Warrior Camp** program in the fall. **The Weekend Warrior schedule** will be posted on kenchertow.com soon. **Weekend Warrior Camp** is an *awesome supplement* to summer camp training, and summer camp students will receive a significant discount!

My staff and I look forward to helping you become a Champion during the years to come.

Sincerely,



Ken Chertow

Review www.kenchertow.com for training tips and other valuable information.

“Wrestling --- Training for the rest of your life.”

Ken Chertow Wrestling
CANCELLATION / REFUND POLICY
Summer Camp 2010

Any refund issued, in accordance with this policy, will be in the form of a credit toward future camps. There will be no monetary refund of any kind under any circumstances. In order to be considered for a refund/credit, you must make your request, in writing, between August 20th and September 10th. No refund request will be considered until the conclusion of the Summer Camp Season.

- The decision as to whether or not to issue a credit and to what extent a credit is issued is solely at the discretion of Ken and Laurie Chertow. Timely filed requests will be considered on an individual basis.
- The initial \$100 deposit is not eligible for refund, credit, or transfer.
- Injuries sustained prior to Camp will require a Doctor's note to be considered.
- Injuries, skin infections, emergencies, and any other unforeseen circumstances that occur at camp will not be considered for credit. Ken Chertow Wrestling will not be responsible for any prescription, medical or dental expenses incurred while at camp.
- **Any camper dismissed from camp for disciplinary reasons will not be considered for a credit.**
- Once camp begins and an injury is sustained, credit will not be given for the duration of camp, regardless of when the injury takes place or the amount of time the camper is unable to participate. Wrestling is a contact sport and injuries are an inherent part of the sport. Ken Chertow Wrestling has contractual obligations to pay for housing and meals in their entirety for the expected duration of each camper's stay. By enrolling in camp you are assuming the risk that your child may be injured and unable to complete camp, and it is understood that credit will not be issued.
- Last minute cancellations, please call us prior to camp as soon as you know you will be unable to attend. We must receive cancellations at least one week prior to the start of camp to consider a credit. Any cancellations received after the first day of camp will not be considered and will not receive credit.
- If a camper chooses to leave camp by their own decision, for any reason, they will not receive credit for the remainder of camp.
- All credit cards will be charged in full when used to enroll in camp and will be subject to the same policy and guidelines as all other enrollments.
- Absolutely no credit requests will be considered if submitted past the deadline of September 10, 2010.

Summer Camp Details and Important Information

Check-in for the Coos Bay, OR Camp will be at the Light House Depot on the campus of Southwestern Oregon Community College.

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 \$50 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 the Light House Depot.**

***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.** 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 pre-determined location. You will be contacted before camp to make arrangements with the shuttle being provided. The wrestler will be picked up by a camp staff member wearing a camp T-shirt. **In case of a delay or an emergency, you may call our office at 814-466-3466.**

The phone number for Southwestern Oregon CC is: 541-888-7950

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 or credits 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 or credited.

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

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
10:00	Bed Check
11:00	Lights Out

Directions to Southwestern Oregon Community College, (1988 Newmark Ave, Coos Bay, OR 97420)

Northern-Central Oregon To Coos Bay: If you live North of Coos Bay, take I-5 South, Coos Bay/Reedsport Exit 162 (Drain, Oregon). Highway 38 will connect with Highway 101 in Reedsport Oregon. Continue south on Highway 101 to North Bend/Coos Bay. (Coos Bay is approximately 115) miles from Eugene, Oregon.

To the College: Continue traveling south over the McCullough Bridge into North Bend. Turn right on Virginia Street (Pony Village Mall/Airport exit sign). Drive past Pony Village Mall on Virginia Street. Turn left on Broadway. Take Broadway to Newmark Avenue (Sizzler is on the right), turn right and follow Newmark Avenue to the College. The college entrance is located across from Wal-Mart.

Southern Oregon to Coos Bay: If you live in Southern Oregon, take 1-5 North. Exit at Roseburg and take Highway 42 through Coquille, Oregon. Follow the signs, Highway 101 North to Coos Bay.

To the College: Continue on Highway 101 through Coos Bay's downtown area. You will pass the Coos Bay Boardwalk on the right. Continue northbound past the Timber Inn and Red Lion. Turn Left on Newmark Avenue (stop light, Lucky Star Restaurant is on the left). The college entrance is located across from Wal-Mart.

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

Did you earn a 3.0 GPA or better during the 2009-10 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.

Directory

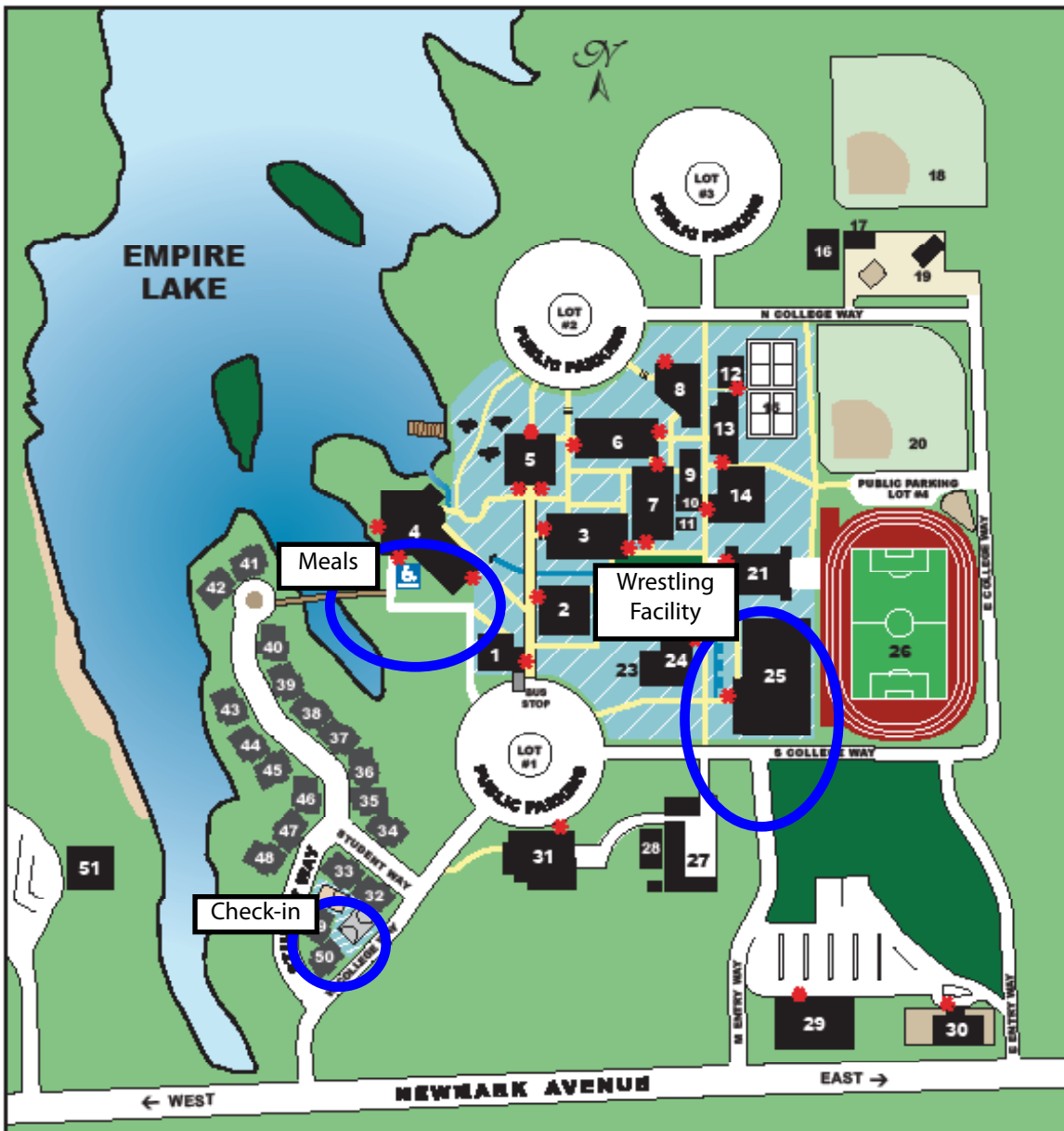
1. Stensland Hall
2. Dellwood Hall
3. Randolph Hall
4. Empire Hall / Lakeside Rooms / Hales Center for the Performing Arts
5. Tioga Hall
6. Sitkum Hall
7. Coaledo Hall
8. Eden Hall
9. Lampa Hall
10. B-2 Electronics Tech Lab
11. Greenhouse
12. Sunset Hall
13. Summer Hall
14. Fairview Hall
15. Tennis Courts
16. Field House
17. Fire Science
18. Baseball Field
19. Fire Tower
20. Softball Field
21. Prosper Hall / Gym
22. Poet's Eye Outdoor Theater
23. B-3 Maintenance Warehouse
24. Umpqua Hall
25. Student Recreation Center
26. Track / Soccer Field
27. Plant Services / Maintenance
28. Greenhouse
29. Newmark Center
30. Family Center / Child Care
31. Oregon Coast Culinary Institute

NOTE:
Wi-Fi access available
in all buildings

 Denotes Wi-Fi
Outdoor Access

- STUDENT HOUSING:**
- | | |
|----------------------|---------------------|
| 32. North Head | 42. Umpqua River |
| 33. Lighthouse Depot | 43. Cape Arago |
| 34. Willamette River | 44. Coquille River |
| 35. Warrior Rock | 45. Cape Blanco |
| 36. Desdemona Sands | 46. St. George Reef |
| 37. Point Adams | 47. Battery Point |
| 38. Tillamook Rock | 48. Trinidad Head |
| 39. Cape Meares | 49. Willapa Bay |
| 40. Yaquina Head | 50. Gray's Harbor |
| 41. Hecla Head | |
51. Neighborhood Facility Building

-  Denotes Disabled Accessible Entrances
 Denotes Stairs



1988 Newmark Ave, Coos Bay, OR 97420

Check-in will be at the Light House Depot #33.

We will wrestle in the Gym #21 and
Rec. Center/ Wrestling Room #25.

Meals will be served at the Cafeteria #4.