

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 at a hotel. You will eat, sleep and wrestle in this outstanding, convenient facility. **All the hotel rooms will have a television and air-conditioning and the hotel will provide towels and linens.** There will be four 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 is 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 State College, PA camp will be in the Atrium of The Ramada Inn.
You must check in at our camp registration table first before checking in with the hotel.

CHECK-IN TIME: 12:30 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 hotel is allowing us to check-in earlier than their regular 3:00 pm check-in time. You will be able to officially check into camp between 12:00-2:30 pm, but you may not be able to get into your hotel room immediately. **Your patience is appreciated.** **Do not go to the front desk until after you have checked in for camp.** Do not unload your bags until after you check in and know your room location. **We recommend that commuters arrive at check-in closer to 2:30 since you will not need to check into a room.**

***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 Atrium. 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 either a camp staff member wearing a camp T-shirt, or a Ramada Inn staff member with their shuttle van. **In case of a delay or an emergency, call the hotel phone number below.****

* **The Ramada Inn Convention Center number is 814-238-3001. Every room has a phone. If you get your wrestler's room number, you can contact them directly.** No outgoing calls are allowed from the rooms. Campers are permitted to use the pay phones in the hotel lobby to place outgoing calls.

HOUSING/ROOMMATE REQUESTS – We put 4 campers per room at the Ramada Inn.

If you do not have a roommate request we will pair each camper with 3 other campers of approximately the same age and weight. There will be no switching around at check-in. If you have selected the Father/Son option, we will try to put another Father/Son in your room. If there are no other Father/Sons available, two other campers will be placed in your room. 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.)

The hotels do provide linens and towels. You must turn in a towel to get a fresh one.

Optional Items

Swimming Trunks

Sleeping Bag

Snack Foods

Alarm Clock

**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 the Ramada Inn Convention Center 1450 S Atherton St, State College, PA 16801

From the East: From I-80 to Exit 161 (Bellefonte) follow PA Route 26 South. Route 26 South turns into Route 220 South. Stay on 220 South for 13 miles, take exit 74 to the left side. You will then be on Park Ave. Stay on Park Ave until you get to Beaver Stadium on your left. Then turn left onto University Drive. Stay on University Drive until it intersects with Atherton St. (Business Rt. 322). Turn right at the red light and we are approximately 1/4 mile on the left.

From the West: I-322E/I-99 to 322 Business/Atherton Street. Hotel is 6 miles.

From Harrisburg: Follow signs to Route 22/322 West, past Lewistown. Proceed to the Boalsburg exit (also Business Route 322). Go approximately four miles, Ramada Inn is located on the left side of the street.

From Pittsburgh: Follow Route 22 to Duncansville. Take Route 220/I-99 North, bypassing Altoona & Tyrone. After Port Matilda, take Route 322 East to State College. Exit on Business Route 322/North Atherton Street. Go approximately five miles, Ramada Inn is located on the right side of the street.

Airport: Exit airport and take left on Fox Hollow Rd. Follow Fox Hollow Rd. to Park Ave. Take right hand turn at Park Ave. and take next left onto University Dr. Follow University Dr. to Atherton St. and hotel is 1/2 block ahead an left hand side of street.

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.

Super Gold Camp Details and Information

State College, PA – Allentown, PA
July 18 – August 6

Transportation is provided from State College, PA to Allentown, PA for our Super Gold Campers.

Your wrestler will need to check in at the Ramada Inn Convention Center in State College, PA on July 18, 2010. If your wrestler is flying in to an airport, please e-mail their travel itinerary and cell phone information to: tara@kenchertow.com or fax it to: 814-466-3420 at least 2 weeks before the camp begins so that we are able to make arrangements.

Your wrestler will check out from and need to be picked up at the Rodeway Inn Convention Center (formerly Days Inn) in Allentown, PA on August 6, 2010. If your wrestler is flying out of an airport, please e-mail their travel itinerary and cell phone information to: tara@kenchertow.com or fax it to: 814-466-3420 at least 2 weeks before the camp begins so that we are able to make arrangements.

All meals and transportation between the locations will be provided; however, the wrestler should bring extra spending money for snacks, souvenirs, and laundry.

The Ramada Inn in State College, PA has on-site laundry facilities where the wrestlers will be able to wash and dry any clothes they may need to. We suggest that you send your wrestlers with quarters and some detergent in travel size boxes.

Directions to Rodeway Inn Convention Center

1151 Bulldog Dr
Allentown, PA 18104
Phone: (610) 395-3731

From the East: Interstate 78 West to exit 53, Route 309 North. Continue on Rte 309 North 2 Miles (cross under Rt. 22 bypass), Days Inn and Conference Center on immediate right. Go to light, turn right onto Ridgeview Drive, make immediate right onto Bulldog Drive. Proceed to hotel.

From the West: Interstate 78 East to exit 51, Route 22 East. Follow Route 22 for 2 miles, exit Rt. 309 North (Tamaqua). Days Inn & Conference Center on immediate right. Go to light, turn right onto Ridgeview Drive, make immediate right onto Bulldog Drive. Proceed to hotel.

From the North: Northeast extension of PA Turnpike to Exit 56, Lehigh Valley. Exit East on Rt. 22, 1/4 mile, Exit Rt. 309 North (Tamaqua). Go to light, turn right onto Ridgeview Drive, make immediate right onto Bulldog Drive. Proceed to hotel.

From the South: Northeast extension of PA Turnpike to Exit 56, Lehigh Valley. Exit East on Rt. 22, 1/4 mile. Exit Rt 309 North (Tamaqua). Go to light, turn right onto Ridgeview Drive, make immediate right onto Bulldog Drive. Proceed to hotel.

Super Gold Camp Details and Information

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Super Gold Camp Details and Information

State College, PA – Allentown, PA
July 24 – August 6

Transportation is provided from State College, PA to Allentown, PA for our Super Gold Campers.

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Phone: (610) 395-3731

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