

Summer Camp Details and Important Information

Check-in for the Dallas, TX camp will be in the Lobby of the Sterling Hotel.
You must check in at our camp registration table first before checking in with the hotel.

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

* **The Sterling Hotel number is 214-634-8550. Every room has a phone. If you get your son's room number, you can contact him 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 Sterling Hotel. 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

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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*

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

DIRECTIONS to the Sterling Inn Hotel 1055 Regal Row, Dallas, Texas 75247

From the South – Take 45 N. Merge unto 30 W via Exit 284 A. Merge unto 35 E N/US-77N Via Exit 44A toward Denton. Merge onto TX-183 W Via Exit 433 A, on the left toward TX-114/Irving/DFW Airport. Take the exit toward Regal Row. Turn slight left unto E John W. Carpenter Fwy. Turn left unto Regal Row.

From the West – Take 20 E, then 30 E via Exit 421 toward downtown Ft. Worth. Merge unto 820 N Via Exit 5B. Take TX 183E via Exit 22B toward DFW Airport/Dallas. Take the Regal Row Exit. Turn right on Regal Row.

From the East – Take 20 W, then TX 557 SPUR W via Exit 499 A toward US 80-W/Dallas TX 557 SPUR W. Mergo unto TX 183 W via Exit 433A toward TX-114/Irving/DFW Airport. Take the exit toward Regal Row. Turn left on E John W. Carpenter Fwy. Turn left on Regal Row.

From the North – Take 35 S. Mergo unto 35E S toward Dallas. Take the TX-12-loop S exit – Ext 436 toward Irving/DFW Airport. Merge on TX-12 Loop S. Take Exit toward TX-114/DFW Airport/Grapevine. Turn slight left on N. Walton Walker Blvd/Watch Walker Blvd N. Turn left on E John W. Carpenter Fwy./ E TX-114. Tx-114 E becomes TX-183 E. Take Regal Row Exit. Turn right on Regal Row.

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.