

# ***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 working with all of the wrestlers in your community 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 e-mail 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 2011**, while *many more* earned **All-State Honors**. During April, many elementary and middle school campers won **USAW, NHSCA, 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 in nice facilities.** You will be staying at the Cedar Tree Inn & Suites which is a short walk from the Chesapeake Conference Center, where we will be wrestling. 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. If you would like to buy out your wrestler's side of the bed or the other side of the room, you will need to let us know **NOW** at the above number. 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 our 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](http://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](http://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 2011

**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 20<sup>th</sup> and September 10<sup>th</sup>. **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 his or her own decision, for any reason, he or she 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, 2011.

## Summer Camp Details and Important Information

Check-in for the Chesapeake, VA camp will be in the Lobby of the Cedar Tree Inn and Suites. **You must check in at our camp registration table first before checking in with the hotel.**

**CHECK-IN TIME:** 12:15 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 Chesapeake Conference Center, a short walk away from the hotel. 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](mailto: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, call the hotel phone number below.****

\* **The Cedar Tree Inn number is 757- 366-0100. 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 Cedar Tree.**

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](mailto: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](http://kenchertow.com)*

7:00 - 7:45	Strength Training &/or Conditioning – optional
<b>7:30 - 9:00</b>	<b>Breakfast for overnight campers</b>
9:30 - 11:30	Technical Instruction
<b>11:30 - 1:00</b>	<b>Lunch for commuters and overnight campers</b>
1:30 - 4:30	Intense Drilling and Live Wrestling
<b>4:30 - 6:00</b>	<b>Dinner for commuters and overnight campers</b>
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
<b>10:00</b>	<b>Bed Check</b>
<b>11:00</b>	<b>Lights Out</b>

**DIRECTIONS to Cedar Tree Inn & Suites** (721 Conference Center, Chesapeake, VA 23320)

**From Washington Area and Richmond**

Follow Interstate 64 east to Chesapeake, Virginia. Once in Chesapeake, take the Greenbrier Parkway North (exit 289A) Bear right on Greenbrier Parkway. Turn right onto Woodlake Drive. Turn right onto Conference Drive.

**From North Carolina**

Follow I-95 North to Richmond. Take US-58 East (Exit 11A) to Emporia/Norfolk. Take ramp to I 264/Portsmouth/1-64/Norfolk/US-13N/Virginia Beach. Stay on the left at the fork in the ramp. Once in Chesapeake, take the Greenbrier Parkway North (exit 289A). Turn right onto Woodlake Drive, it will be your first light. Turn right onto Conference Drive.

**From Virginia Beach/Norfolk**

Follow I-64 to Greenbrier Parkway North (Exit 289A). Turn right onto Woodlake Drive, first light. Turn right onto Conference Drive.

**From Suffolk**

Follow I-664 to I-64 West and get off Greenbrier Parkway North (Exit 289A). Turn right onto Woodlake Drive, first light. Turn right onto Conference Drive.

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

Did you earn a 3.0 GPA or better during the 2010-11 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](http://www.kenchertow.com)**. Check out **[www.kenchertow.com](http://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.