

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 2013**, 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 will be conducted at Westside High School. We have secured a hotel with discounted rates for campers and parents from out of town: **Econo Lodge West Dodge**, 7833 W Dodge Rd, Omaha, NE The hotel is about 2.5 miles from Westside High School. Please contact the hotel directly to book your room at 402-391-7100 and mention that you are a Chertow Wrestling camper to receive a rate of \$55, which includes breakfast. You will not be required to pay until you check in.

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 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 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

kenchertow.com - Training tips, video, and other valuable information. WearandGear.com - Equipment and apparel.

KenChertowNutrition.com - Energy drinks, snacks for camp and much more.

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

Ken Chertow Wrestling
CANCELLATION / REFUND POLICY
Summer Camp 2013

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 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, 2013.

Summer Camp Details and Important Information

Check-in for the OMAHA, NE camp will be in the gym of Westside High School.

CHECK-IN TIME: 12:15 pm - 2:30 pm

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

We have secured a hotel with discounted rates for campers and parents from out of town:

Econo Lodge West Dodge, 7833 W Dodge Rd, Omaha, NE. The hotel is about 2.5 miles from Westside High School. Please contact the hotel directly to book your room at 402-391-7100 and mention that you are a Chertow Wrestling camper to receive a rate of \$54.99, which includes breakfast. You will not be required to pay until you check in.

***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 gym. Arrive on time and dressed to work out.**

*** 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.**

SUPER GOLD MEDAL TRAINING CAMPERS:

WE WILL BE PROVIDING FREE TRANSPORTATION FROM OMAHA TO KEARNEY AND/OR DENVER FOR OUR ENROLLED SUPER GOLD CAMPERS.

There is still time to enroll in our intensive learning and training Super Gold Camps!

Since you are already enrolled in our Omaha camp, you will just need to pay an additional **\$480** to be transported to and attend our camp in Kearney through June 7th OR an additional **\$880** to be transported from Omaha to Kearney to Denver through June 11th. All meals, housing, and training in Kearney and/or Denver are included. Call our office at 814-466-3466 to add on this option at least a week before the camp begins. If you are already an enrolled Super Gold Camper, there is no additional cost.

In Kearney, the wrestlers will be training, eating, and sleeping at the **Ramada Inn** located at:

301 Second Avenue, Kearney, NE 68847 (308-237-3141) Linens and towels are provided.

Check out is at Noon on June 7th in Kearney and campers will need to be picked up from the Ramada Inn at this time.

In Denver, the wrestlers will be training, eating, and sleeping at the **DoubleTree by Hilton** located at: **8773 Yates Dr, Westminster, CO 80031** (303-427-4000) Linens and towels are provided.

Check out is at Noon on June 11th in Denver and campers will need to be picked up from the DoubleTree at this time.

The Ramada Inn and DoubleTree have on-site laundry facilities where the wrestlers will be able to wash and dry their clothes. We suggest that you send your wrestlers with quarters and some detergent in travel size boxes.

**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 Coach Chertow.

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. 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

Saturday, June 1:

12:15 – 2:30pm: Check in

3:00 – 5:00

Dinner will be provided between these sessions

6:00 – 8:00

Sunday, June 2:

10:00am – 12:00

Lunch will be provided between these sessions

1:00 – 4:00

Monday, June 3:

9:00 – 11:00am

11:00: Check Out

Address to Mapquest for Westside High School: 8701 Pacific Street, Omaha, NE 68114

Sessions will be taking place in the Gymnasium at Westside High School.

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 souvenirs

Snack Foods

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

Did you earn a 3.0 GPA or better during the 2012-13 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.