



# 2017 GOLD MEDAL TRAINING CAMP INFORMATION

## CHECK-IN DAY

Check-in will be in the Chairman's room of the Convention Center at the State College Ramada Inn.

You must check in at our camp registration table first before checking in with the hotel.

State College Ramada Inn Conference Center - 1450 S Atherton Street, State College, PA 16801

CHECK-IN TIME: 12:30 pm - 2:00 pm on your designated check-in date.

CHECK-OUT TIME: 11:30 pm - Noon on your designated check-out date.

- **\$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.
- First camp meeting and workout on check-in day is at 3:00 PM in the wrestling area. Arrive on time and dressed to work out. 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 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: [kelly@kenchertow.com](mailto:kelly@kenchertow.com).

## 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

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

## HOUSING AND ROOMMATE REQUESTS

We put 4 campers per room at the Ramada Inn. These are standard 2 double bed hotel rooms. 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 call our office at 814-466-3466.

**Roommates must be enrolled in the same camp (Gold Medal, Kids Training, etc).** Also, if you would like to buy out your wrestler's side of the bed or purchase a private room, you will need to let us know NOW by calling our office at 814-466-3466.

## WHAT TO BRING

- Notebook & Pen
- Wrestling & Running Shoes (Sneakers for walking to and from rooms and practice areas.)
- Workout Gear (T-shirt, Shorts, etc.) Headgear, Kneepads, and Mouthguards are optional.
- Toiletries & Laundry Bag (Mesh laundry bags will be available at check-in for \$10.)

### Optional Items

- Extra Money for late-night pizza & souvenirs
- Swimming Trunks
- Snack Foods

Contact us:

E: [CAMPS@KenChertow.com](mailto:CAMPS@KenChertow.com)

T: 814-466-3466 F: 814-344-3420

# PAYMENT INFORMATION AND REFUND POLICY

NO PERSONAL CHECKS OR CREDIT CARDS WILL BE ACCEPTED AT CHECK-IN.  
CASH OR MONEY ORDER ONLY. NO EXCEPTIONS.

## Payment Options for Balance:

1. Online: Log into your Active account to make a payment or pay your balance due.
2. Credit Card by phone: called in to our office (814-466-3466) we accept Visa/MC/Discover/American Express.
3. Check or Money Order mailed in to our office: P.O. Box 120 Boalsburg, PA 16827.

## Ken Chertow Gold Medal Wrestling CANCELLATION / REFUND POLICY

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.
- 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, 2017.