

# Important Camp Info

Please keep this information for future reference.

## WELCOME!

Get ready for an incredible camp experience! We are thrilled to have you joining us and cannot wait to get started. To help you prepare for an awesome experience, please read this entire document carefully. Parents, we encourage you to review it together with your wrestler so everyone understands the camp expectations, schedule, and procedures before arrival.

Coach Ken Chertow and I are excited to welcome you to the Spooky Nook Sports Complex, an outstanding spacious, air-conditioned facility for an unforgettable week of wrestling and fun.

Our staff has been working hard to create an amazing camp experience filled with great instruction, intense training, and lasting memories. We cannot wait to see you on the mat!

Updated by Beth Chertow

Camp Administrator

June 1, 2026



# PENNSYLVANIA CAMP CHECK-IN



**June 28<sup>th</sup> or July 5<sup>th</sup>**



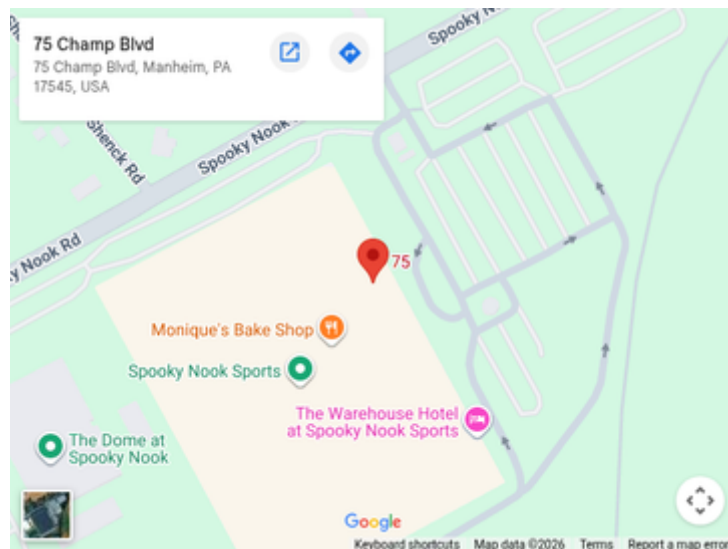
**1:00 p.m. - 3:00 p.m.**



**75 Champ Blvd, Manheim, PA 17545**



**Spooky Nook Sports Complex**



## Check in Details:

Camp check-in will take place on either Sunday, June 28 or Sunday, July 5 (depending on your registration) from 1:00 p.m. – 3:00 p.m. EST. You may arrive anytime during this window. Please leave your luggage in your vehicle until you have completed check-in. Signage will direct you where to go.

Hotel assignments and room keys will be distributed as rooms become available. Since the hotel is fully booked the night before, some rooms may not be ready immediately. We appreciate your patience as the hotel staff works to prepare accommodations as quickly as possible. A storage area will be available for your belongings until your room is ready, which may be after the first camp session.

Our first camp session begins promptly at 3:30 p.m., so arrive dressed and ready to train, compete, and improve! Dinner will be the first camp meal, so we recommend eating lunch before or after check-in. Spooky Nook also offers several on-site dining options, including the Forklift & Palate Restaurant, Food Court, and Smoothie Bar.

The Camp Store will be open during check-in and throughout the week with apparel, instructional and highlight thumb drives, and PURE performance products. Pre-ordered add-ons will be available for pick-up at check-in.

**MULTI-CAMP DISCOUNT:** If you would like a \$100 discount to attend our Ohio camp, email [camps@kenchertow.com](mailto:camps@kenchertow.com) for details.

# OHIO CAMP CHECK-IN



**July 18<sup>th</sup>**



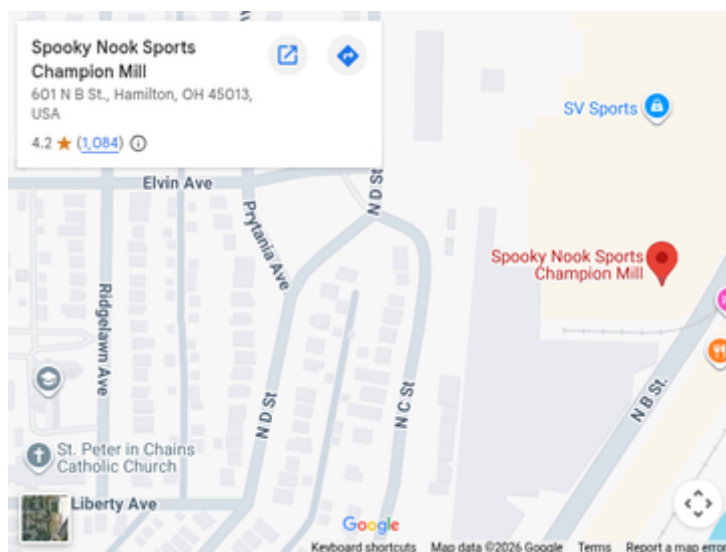
**1:00 p.m. - 3:00 p.m.**



**601 N B St., Hamilton, OH 45013**



**Spooky Nook Sports Complex**



## Check in Details:

Camp check-in will take place on July 18 from 1:00 p.m. – 3:00 p.m. EST. You may arrive anytime during this window. Please leave your luggage in your vehicle until you have completed check-in. Signage will direct you where to go.

Hotel assignments and room keys will be distributed as rooms become available. Since the hotel is fully booked the night before, some rooms may not be ready immediately. We appreciate your patience as the hotel staff works to prepare accommodations as quickly as possible. A storage area will be available for your belongings until your room is ready, which may be after the first camp session.

Our first camp session begins promptly at 3:30 p.m., so arrive dressed and ready to train, compete, and improve! Dinner will be the first camp meal, so we recommend eating lunch before or after check-in. Spooky Nook also offers several on-site dining options, including the Forklift & Palate Restaurant, Food Court, and Smoothie Bar.

The Camp Store will be open during check-in and throughout the week with apparel, instructional and highlight thumb drives, and PURE performance products. Pre-ordered add-ons will be available for pick-up at check-in.

**MULTI-CAMP DISCOUNT:** If you would like a \$100 discount to attend our Pennsylvania camp, email [camps@kenchertow.com](mailto:camps@kenchertow.com) for details.

# Flying to Camp

**Flying to Pennsylvania camp:** We recommend flying into Harrisburg International Airport (MDT). Flight should arrive to MDT before 1 p.m. You can plan on a flight back home after 3 p.m.

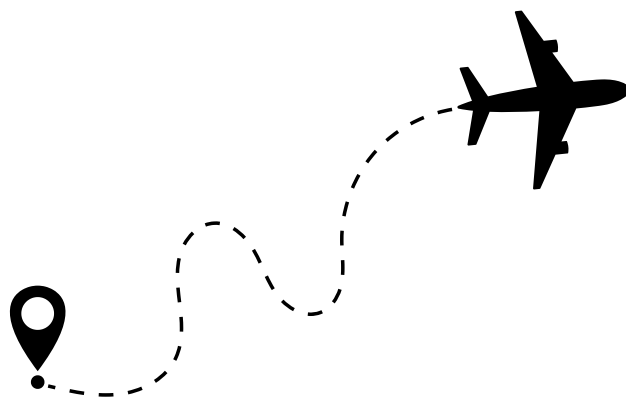
**Flying to Ohio camp:** We recommend flying into Cincinnati/Northern Kentucky International Airport (CVG). Flight should arrive to CVG before 1 p.m. You can plan a flight back home after 3 p.m.

**Shuttling Service:** We offer a shuttle to/from the airport. If you prefer, you can arrange your own transportation with a taxi, Uber or Lyft. The cost of our service is listed below. Please email us your itinerary immediately! It is very important that we receive this information so we can make pick-up arrangements. When emailing your itinerary, please also include the cell phone number of the wrestler. Please e-mail the information to [beth@kenchertow.com](mailto:beth@kenchertow.com)

**Cost of Shuttle Service:** The cost of the shuttle service is \$50/person each way. To reserve your shuttle to/from camp we MUST have your itinerary no later than 2 weeks prior to your camp check-in date. Itineraries received after that deadline may result in you having to secure your own transportation to camp.

**Payment for our shuttling service:** If you did not pre-pay for your shuttle service & need to add it, please contact Beth at [beth@kenchertow.com](mailto:beth@kenchertow.com) to arrange payment. Shuttle service must be paid for prior to camp.

**Procedure for getting on the shuttle:** A shuttle bus will arrive at the airport at 1:00 p.m. Please meet by the baggage claim and look for the Ken Chertow Wrestling sign & a representative of Ken Chertow Wrestling Camp, wearing a camp shirt. The driver will have your name & cell phone number.



**Travel Agent** - If you are in need of a travel agent, we highly recommend our travel agent, Jan Hurvitz. She can be reached at [jhurvitz1@aol.com](mailto:jhurvitz1@aol.com) or . She is our personal agent and has been assisting our campers for decades.

# Check-out Day & Checking-out from Camp

The last session of camp ends at 11:30 a.m. Check-out time is at noon on the day your camp ends. The exception is Sunday, July 10<sup>th</sup> when camp ends at 11:00 a.m. Check-out time is noon. Please have your hotel room cleaned and ready for service. Hotel staff will be anxious to get in and clean for the next guests. Please be respectful and have your room picked up and trash thrown away.

**Parents picking up campers:** We invite you to attend the last session; and as always, you are welcome to attend any and all sessions for free and you can videotape.

If for any reason parents decide to take their child out of camp early, you must check-out with me. You can usually find me at the camp store. This would also include things like picking up your child and taking them for dinner. It is important that we know your child's whereabouts.



# Housing & Roommate Requests

Typically we put four campers per room. These are standard two double bed hotel rooms. We will do our very best to honor roommate requests. If you do not have a roommate request, we will pair each camper with three other campers of approximately the same grade and size within the camp you registered for. Requests need to be made **before June 10th for Pennsylvania and June 28th for Ohio**, as there will be no changes to housing after that date. **Switching rooms once at camp is prohibited**. If you have an issue, please see your counselor or the camp administrator.

If you have a roommate preference not already indicated on your application, please email us now at [beth@kenchertow.com](mailto:beth@kenchertow.com).

*Roommates must be enrolled in the same camp (Super Gold, Gold Medal, Kids Training, etc).*

**BED BUYOUTS:** We have a limited number of bed buyouts available for our PA & OH camps. The cost is \$50/night. Please let us know if you want to upgrade to have the bed to yourself. Once we are sold out, we are sold out.

## Camp Store

The camp store will be open daily 30 minutes prior to the first session and will remain open until 30 minutes after the last session. We will have t-shirts, hoodies/crews, shorts/joggers, singlets, water bottles, PURE Nutrition, & much more available for purchase. Get your camp apparel while supplies last! We accept credit and debit cards on orders over \$20.



Reese Morgan, Camp Store Manager for PA Week 1 & OH  
Hannah & Zoe Morgan, Camp Store for PA Week 1 & OH  
Alish Nazelrod (not pictured) Camp Store for PA Week 2

# Camp Rules

- Be on time for all sessions.
- Know who your roll call coach is. Get to know him/her. Let them know if you have any issues or concerns.
- Shower after all sessions.
- Clean up after yourself in the cafeteria, your hotel room, and wrestling room... basically, everywhere!
- Wrestling shoes are only permitted on the mats. A small bag would be useful to carry your shoes, water bottle, and snack money to and from sessions.
- Leave your valuables in your locked hotel room. We are not responsible for lost/stolen items.
- Shirts and shoes must be worn at all times.
- You are not allowed to leave the camp premises. **Automatic dismissal from camp.**
- Persons of the opposite sex are not allowed in your hotel room. Boys should not be in girl rooms and girls should not be in the boy' rooms. **Automatic dismissal from camp.**
- Be respectful of hotel and convention center staff. (Say please and thank you.)
- We provide 3 all-you-can-eat meals on full camp days. Camp meals need to be eaten in the cafeteria, not your hotel room. This is an opportunity to relax and meet other campers, coaches, and clinicians.
- If you are injured or ill, you must check in to your roll call coach before every session before going to see the nurse. Injured campers are required to be at the entire session, paying attention, and ideally, taking notes/video.
- Drugs, tobacco, vapes, alcohol, and illegal substances are not allowed and **law enforcement will be called if you are suspected or caught with these substances.**
- Bed check is at 10:00 p.m. **DO NOT LEAVE YOUR ROOM AFTER THAT**

*The parents of campers who cause damage to hotel and convention property will be responsible for making restitution.*

*Campers who leave the premises or are caught with illegal substances will be sent home immediately at the expense and inconvenience of their parents.*

**PARENTS: TALK TO YOUR KIDS ABOUT OUR RULES AND EXPECTATIONS!!!**

# Our PA Staff

## Camp Owner & Head Coach

**Coach Ken Chertow**- Coach Chertow has been competing and coaching full-time for over 30 years. [Here is a link to his bio](#). His camp is one of the longest running, most successful camps in the world.

## Camp Administrator

**Beth Chertow** - I am a career teacher and now manage camp along with my husband, Ken. My son grew up flying to our camp annually and became a 2x State Champion, making me a champion wrestling mom and expert parent. This is my 7<sup>th</sup> year as Camp Administrator.

## Camp Manager & Dean of Discipline

**Jimmy Matas** - Jimmy is an outstanding leader and coach. He has attended camp annually for 14 years.

## Camp Dean of Discipline

**Cindi Erickson** - Cindi is a career educator from Santa Rosa, CA. Her son Carter first came to our camp in 2020 and has been a on staff since his high school graduation. This is Cindi's 2<sup>nd</sup> year with us.

## PURE Nutrition and Wellness Coach

**Ty Morgan** - 3x Ohio State Champion and 3x NCAA Qualifier - Central Michigan. Ty attended our camps many times as a teen and has been coaching every summer with me for over a decade. He coached an Ohio State Championship Team, and he has coached many individual state champions.



# Our PA Staff

## Featured Clinicians & Special Guests

### June 28

- NCAA Champion @ Pitt — Nino Bonaccorsi
- NCAA All-American @ Penn State — James Yonushonis

### June 29 – July 2

- NCAA All-American — Matt Kocher

### June 28 – July 3

- 4x State Champion — Doyle Trout
- 3x State Champion — Ty Morgan
- 3x Olympian & 4x World Medalist — Odun Adekuoroye

### June 28 – July 1 & July 5 – 8

- Franklin & Marshall Coach and NCAA Qualifier @ Rutgers — Buck Dippery

### June 29 – July 1

- Olympic Bronze Medalist & Harvard Coach — Bekzod Abdurakhmonov
- Harvard Coach — Nodir Safarov
- 2x NCAA All-American “The Minister of Wrestling” — Rocky Bonomo

### July 1

- Olympian, World Champion & 3x Undefeated NCAA Champion — Zain Retherford
- NCAA Champion & 3x NCAA All-American @ Penn State — John Fritz

### July 2

- Olympian, NCAA Champion & 4x NCAA All-American @ Penn State, Arizona State Associate Head Coach— Frank Molinaro
- NCAA All-American, 2026 NCAA DI Qualifier & PIAA State Champion — Kaden Cassidy

### July 5 – 10

- World Team Coach & Bloomsburg University Head Coach — John Stutzman

### July 5 – 8

- 4x State Placewinner & Penn State NCAA Championship Team Member — Luke Frey

### July 6 – 10

- National Champion & NCAA DI Head Coach at Mercyhurst University — Alexia Wagner

### July 7 – 10

- 2026 NCAA DIII Heavyweight Champion — Josh Harkless

### July 7

- NCAA Champion @ Pitt & Head Coach at Lehigh University — Pat Santoro

### July 8

- NCAA Championship Team Captain @ Penn State — Brad Pataky

# Our PA Staff

## Full-Time Camp Leaders & Counselors (2 weeks)

### Super Gold Head Coaches & Leaders

- Jason Kiessler, NCAA Champion Garrett Lineberger, NCAA All-American Jerry Echevarria, Joe Baranik, Randy Bussard, Ross Brooks, Tirso Valls

### Full-Time Coaches & Counselors

- Will Bentacourt, Adonis Lattimore, Carter Erickson, Anthony Matas, Cole Turner, Aidan Gillings, Tyson Clear, Joey Cangro, Cael Howell

### Super Girl Camp Leaders & Counselors

- Alexia Wagner, Odun Adekuroye, Amanda Lebec, Clint Kingsbury, Zane Stickel, Roger Stewart, Peanut Bowyer, Selina Moore, Dara Lin

### Gold Medal & Youth Camp Leaders

- June 28 – July 3
  - Brad Cipriani, Denny Lebec, Jared Ricotta, Nic Allison, Cale Grove, Doyle Trout, Homer King, Matt Weaver, Jacob Mungo, Clayton Dobbs
- July 5 – 10
  - Tyson Dippery, Tye Boyer, Jake Schultz, John Stutzman, Luke Frey



# Our OH Staff

## Girls Gold Medal Training Camp & Youth Camps Featured Clinicians

### July 18 – 21

- 2026 NCAA Women's Championship Coach & 2026 USA Wrestling Terry Steiner Women's Coach of the Year – Alexio Garcia
- 2026 NCAA Champion, NCAA Championship Team Leader & U23 World Champion – Yu Sakamoto
- 2026 NCAA Finalist & 3x All-American – Shelby Moore

### July 18 – 23

- NCAA DI Women's Head Coach @ Mercyhurst University & 2020 National Champion @ McKendree University – Alexia Wagner
- 4x Ohio State Champion with a 126–0 record, 2026 NAIA All-American (3rd place as a freshman), transferring to the newest NCAA DI program at Iowa State – Makenna Craft

### July 21 – 22

- 2x Junior World Team Member, 4x All-American & Campbellsville University Assistant Coach – McKayla Campbell

### July 22

- 4x All-American & Rio Grande College Head Coach – Kendra Thompson

## Boys Gold Medal Training Camp & Youth Camps Featured Clinicians

### July 18 – 23

- 3x Ohio State Champion, 3x NCAA DI Qualifier & Ohio State Championship Coach – Ty Morgan
- NCAA Finalist, 2x NCAA DI All-American & 6x World Team Member for Slovenia – Dave Habat

### July 19

- 4x Ohio State Champion, Founder of CP Academy, 2026 State Duals Championship Coach at DeSales, 2023 Ohio Coach of the Year – Collin Palmer

### July 20

- NCAA DI All-American, Ohio State Champion & Retired Purdue Head Coach – Scott Hinkel

# Our OH Staff

## Full Week Coaches & Staff

- Dave Madding
- Gary Wise
- Matt Galchik
- Stump Wagner
- Rich Randall
- Darrell Lauderdale
- Ryan Boles
- Cale Grove
- Additional expert coaches being added as camp enrollment grows



# Lancaster Tourism

near Spooky Nook PA, 75 Champs Blvd, Manheim, PA

## Attractions

- [Hershey Park](#) 31 miles
- [Dutch Wonderland](#) 26 miles
- [Turkey Hill Experience](#) 8 miles
- [Sight and Sound](#) 17 Miles
- [American Music Theater](#) 17 miles
- [Park City Mall](#) 8 miles
- [Tanger](#) 14 miles
- [Rockvale Outlets](#) 15 Miles

## Groceries

- Stauffers 4 miles
- Giant 4 miles
- Hummers Meats 4 miles
- Wegman's 6 miles
- Target 5 miles
- Walmart. 7 miles
- Roots Market 2 miles

## Convenience Store

- Sheets 2 miles
- WAWA 4 miles
- Rutgers 5 miles

## Medical

- Penn State Health 8 miles
- UPMC. 7 miles
- Penn Medicine 9 miles
- CVS 4 miles

## Restaurants and Fast Food

- Ciro's. 5 miles
- Olive Garden 7 miles
- Longhorn 7 miles
- Bull's Head 8 miles
- Mick's All American 2 miles
- Hot'z Pizza 2 miles
- Randazzo Pizza 4 miles
- Mc Donalds 2 miles
- Taco Bell. 2 miles
- Burger King 3 miles



# Typical Camp Schedule

<b>7:30 - 9:00 A.M.</b>	Breakfast for campers
<b>9:30 - 11:30 A.M.</b>	Roll Call & Morning Technique Session
<b>11:30 - 1:00 P.M.</b>	Lunch
<b>1:30 - 3:30 P.M.</b>	Afternoon Training Session
<b>4:30 - 6:00 P.M.</b>	Dinner
<b>6:30 - 8:30 P.M.</b>	Featured Speaker ~ topics include mental preparation, goal setting, strength, nutrition, college search process and/or other topics of value. Review session, small group choices, personalized instruction and video analysis
<b>10:00 P.M.</b>	Bed check & lights out

*\*Session times are subject to adjustments daily*

*\*\*Check-in/out dates will look differently*

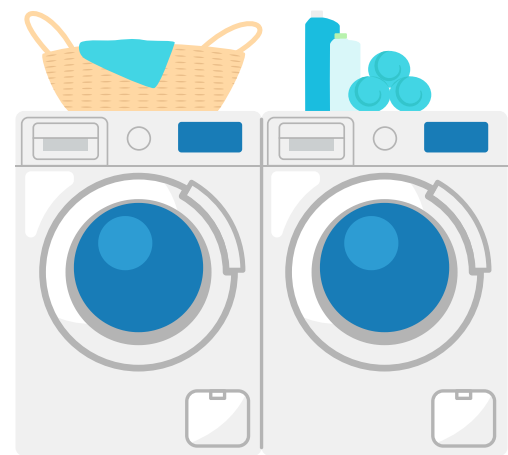
# What to Pack



- Wrestling & running shoes
- Notebook & Pen (Note taking is highly encouraged)
- Workout Gear (T-shirts, shorts, socks, undergarments, etc...) a good estimate is three outfits per day. Super Gold campers will be taken to the laundromat after the first week and then again before camp ends.
- Headgear, knee pads, & mouthguards are optional
- Toiletries & Laundry Bag (Mesh Laundry bags are available in the camp store) & Laundry supplies
- Hand sanitizer & liquid soap are encouraged
- Water bottle (For sale in camp store)
- Prescription & OTC Medications (Please communicate any special needs with the camp administrator or camp nurse)
- Athletic tape/wrap (if you use frequently)
- Snack Foods & Drinks
- Extra money for souvenirs, late night Door Dash, Hydrate, Energy, Energize and other PURE products. Information about PURE products can be found at [www.livepure.com/kcn](http://www.livepure.com/kcn)

## Laundry:

The hotel does have coin operated laundry machines. We will be taking Super Gold & 11 Day campers to the laundromat.



# Health Precautions

To get the most out of your camp experience, come to camp healthy. Come rested, hydrated, conditioned, and ready to wrestle! If you have symptoms of any other illness/infection, please go to a doctor before coming to camp.

A camp nurse will be available throughout your stay at camp. Report any illness or symptoms to the camp nurse immediately. Parents who wish to talk to the nurse about medications or concerns, can do so at check in.

Practice good hygiene by washing your hands consistently and showering promptly after workouts. Mats will be disinfected thoroughly after sessions.



# Refund Policy

Camp CREDIT may be given if you are unable to attend camp due to illness or injury. You must let us know via email for this offer to stand. A doctor's note will be required. We do not issue refunds.

## Camp Credit Schedule for PA

Cancellation before June 7th = Full Camp Credit

Cancellation after June 14th = 50% Camp Credit

Cancellation after June 27th or no show to camp = no Camp Credit

## Camp Credit Schedule for OH

Cancellation before June 28<sup>th</sup> = Full Camp Credit

Cancellation after July 5<sup>th</sup> = 50% Camp Credit

Cancellation after July 17<sup>th</sup> or no show to camp = no Camp Credit

# A Note For Parents

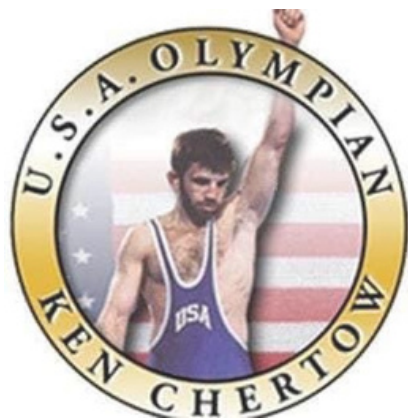
We welcome parents to attend any/all sessions for free. Feel free to videotape or take photos/notes.

If you booked a private room through our hotel block, we will let you know at check-in which hotel we have you booked at. Please do not call the hotel. If you haven't booked a private room through our hotel block and would like to, please email [Beth@KenChertow.com](mailto:Beth@KenChertow.com). We do have limited availability left in Pennsylvania & Ohio.

If you haven't purchased a meal plan and would like to eat with your wrestler, the cost is \$40/day for all-you-can-eat meals. Contact Beth at [Beth@KenChertow.com](mailto:Beth@KenChertow.com) to purchase your meal plan. Parents who purchase a meal plan will receive a wristband at check-in.

## Hotels:

- [The Warehouse Hotel at the Nook~](#)  
Pennsylvania
- [The Warehouse Hotel at Champion](#)  
[Mill~](#) Ohio



## **Ken Chertow Wrestling**

Beth Gross, Camp Administrator

[beth@kenchertow.com](mailto:beth@kenchertow.com)

(570) 331-1237

Coach Ken Chertow

[www.kenchertow.com](http://www.kenchertow.com)

[camps@kenchertow.com](mailto:camps@kenchertow.com)

(814) 883-1193