

Important Camp Info

Please keep this information for future reference.

WELCOME!

We are looking forward to working with you! To prepare you for camp, please closely read this entire document. Parents, please discuss this document with your wrestler prior to attending camp. It is important they understand camp expectations and procedures.

Coach Ken Chertow and I will be anxiously awaiting your arrival at the Blair County Convention Center. We return for a fifth year to this spacious, air-conditioned facility. The address is 1 Convention Center Dr, Altoona, PA 16602. We have been working very hard to prepare to make your camp experience awesome!

Updated by Beth Gross
Camp Administrator
June 8, 2025



Check-In Day

Depending on your camp registration, check-in will either be on Sunday, July 13 or Sunday, July 20 from 11:00 a.m. - 2:00 p.m. EST. You can show up anytime between these hours. Please leave your luggage in your vehicle until you have checked in. We will let you know at check-in which hotel you will be staying at. Most hotels have a 3 p.m. check-in and our hotels are going to do the very best to accommodate our early check-in. We ask that you offer patience and grace to the hotel staff if your room is not quite ready.

All Super Gold campers (full 2 weeks) who registered before April 30 will be housed at the Country Inn and Suites attached to the convention center. All of our female wrestlers will be housed at the Altoona Grand Hotel, with a shuttle running between the hotel & convention center. Most parents attending with campers will be housed at the Altoona Grand Hotel. (A shuttle schedule is available later in this information packet).

The first camp session will begin promptly at 3:00 p.m. Come dressed, ready to work out and prepared to learn something new! The first camp meal will be dinner so we suggest you eat lunch with your parents or team before or after check in.

The Camp Store will be open at check-in and every day throughout camp. If you are dropping off your camper, this is the ideal time to purchase apparel, instructional & highlight thumb drives, PURE peak performance and nutritional products. If you pre-ordered add-ons, we will have your items ready for pick-up.



Getting to Camp



Driving to camp: The address to the Blair County Convention Center is 1 Convention Center Dr, Altoona, PA 16602 ([Blair County Convention Center on Google Maps](#)). The Blair County Convention Center is conveniently located near Interstate 99 and Route 36, just a few miles north of Route 22.

Flying to camp: We recommend flying into State College's University Park Airport (SCE). We offer a shuttle to/from the airport. Information about our shuttle is below. If you prefer, you can arrange your own transportation with a taxi, Uber or Lyft.

Shuttling Service: 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

Cost of Shuttle Service: The cost of the shuttle service is \$50/person each way out of State College. To reserve your shuttle to/from camp we **MUST** have your itinerary no later than 2 weeks prior to camp. Itineraries received after **July 1, 2025** may result in you having to secure your own transportation to camp.

Payment for our shuttling service: Please contact Beth at beth@kenchertow.com to arrange payment. Shuttle service must be paid for prior to camp.

Housing & Roommate Requests

One of the best parts of any camp is the formation of relationships and friendships! 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 15**, 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. Once again, requests will not be accepted after June 15.

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

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.



PURE Nutrition

Coach Chertow is a firm believer in flooding your body with proper nutrition. In addition to meals at the convention center, we will be offering PURE products for sale at the camp store. If you want to preview pre-workout, post-workout, and during workout products before attending camp, we invite you to do so at: www.livepure.com/kcn

Parents, PURE nutrition also offers wellness and weight loss products, as well as immune, skin defense and facial care products.

Here is a short video of Olympic Gold Medalist & 2x World Champion, David Taylor, and 3x Ohio state champion, Coach Ty Morgan, talking about PURE nutrition.

<https://www.youtube.com/watch?v=0HQs4rvAr-Y>



Coach Ty Morgan will be available July 13-16 to assist you with your nutritional needs.

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 27 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.



Our 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 and a short video clip.](#) His camp is one of the longest running, most successful camps in the world.

Camp Administrator

Beth Gross - I am a career teacher and now manage camp and coach wellness along with 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. 😊

Camp Manager

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

Camp Dean of Discipline

Gary Kinzer - Gary is a successful coach and teacher from Ohio. He previously attended camp as a teenager.

PURE Nutrition and Wellness Coach

Ty Morgan - 3x Ohio State Champion and 3x NCAA Qualifier - Central Michigan. Ty attended my 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.



SuperGirl Camp Coaches

Chelsea Dionosio - Head Coach at Midland University

Ty Morgan - 3x Ohio State Champion and PURE Wellness Coach

Zane Stickel - Naval Academy - NCAA Qualifier

Roger Stewart - Deaf Olympian, Freestyle & Greco All-American

Steven Kirchner - State Championship Girls Coach from Nebraska

Terry Tate - Pennsylvania State Champion & business owner

Our Staff

Super Gold - NCAA All-Americans and College Coaches

Jason Kiessler - Maryland - ACC Champion

Garrett Linberger - Notre Dame, 2x NCAA Champion

Joe Baranik - West Point Coach, Wrestling expert and Historian

Eric and Nick Frick - State Champions, All-Americans, retired Army Veterans and now coach the Frick Brothers Club in Florida

John Fritz - Penn State - NCAA Champion and Ken's college coach

Matt Kocher - Pitt - NCAA All-American

Mr. Legs Ron Pifer - Penn State - 3x NCAA All-American

Ricky Bonomo - 3x NCAA Champion - National Wrestling Hall of Fame

Rocky Bonomo - 2x NCAA All-American, Pennsylvania State Champion, 20 years of college coaching success and currently Misericordia University Assistant Coach

Week 1

Wade Schalles - Greatest Pinner of all time! 2x NCAA Champion

Bekzod Abdurakhmanov - 2020 Olympic Bronze Medalist and 2x Olympian, beating Jordan Burroughs in the 2016 Olympics. Assistant Coach at Harvard and undefeated MMA pro

Brad Pataky - Penn State, Captain of NCAA Championship Team, 10x All-American at Fargo

James Yonushonis - NCAA All-American at Penn State

Braxton Amos - Junior World Champion and Olympic Alternate. University of Wisconsin star from WV

Week 2

Zain Retherford - Penn State, 2024 USA Olympian, 2023 World Champion and 3x undefeated NCAA Champion at Penn State

Nino Bonaccorsi - Pitt, 2023 NCAA Champion

Pat Glory - Princeton, 2023 NCAA Champion

Luke and Mac Stout - Princeton and Pitt, first brothers to wrestle each other at NCAA DI Championship



Our Staff

Gold Medal and Youth Camp Leaders - NCAA All-Americans and Expert Coaches

Week 1

John Stutzman - Bloomsburg University Head Coach, NCAA Qualifier and World Team Coach

Denny Lebec - WVU, 2x WV State Champion, Coach at South Hills Wrestling Academy

Brad Cipriani - Duquesne, 2024 MAWA Masters Champion, SHWA Coach

Jared Ricotta - Duquesne, Pennsylvania State Champion & Physician's Assistant

Nic Allison - Kutztown, Pennsylvania State place winner

Ty Boyer - Elizabethtown College, Midwest HS Coach, PIAA State Championships Bronze Medal

Week 2

Doyle Trout - Midland University Coach, University of Wyoming graduate and 4x Nebraska State Champion

Adonis Lattimore - University of Nebraska—Kearney, Virginia State Champion

Cole French - Buffalo, NY State place winner, Buffalo State Coach

Gary Kinzer - Wilmington University, Ohio State Placer, VA HS Coach

Frank Barberie - Bloomsburg, Pennsylvania State Placer

Jerry Echevarria - Gannon, 2x NCAA All-American

Our staff will also have many more high school and club coaches for both weeks including: AJ Schopp, Homer King, Randy Bussard, Tirso Valls, Malcolm Haynes, Jacob Mungo, Jamey Ketler and more outstanding coaches and dedicated college counselors.

College Counselors include: Anthony Matas, Carter Erickson, Maddie Stultz, Sarah Lynn, Sean Rinebolt, Cole French, Will Bentacourt and Cael Howell.

Chef Tom - Tom is both the CEO and head chef at the Blair Convention Center. Tom wrestled in high school and served our nation in the military. He worked at the Penn State dining halls for many years and has been a chef and leader at our facility for over a decade. Tom was instrumental in bringing our event to this spacious convention center where we have space for over 12 mats and a large dining hall, all connected to the Courtyard by Marriott.

Typical Day at Camp

7:30 - 9:00 A.M.	Breakfast for overnight campers
9:30 - 11:30 A.M.	Roll Call & Morning Technique Session
11:30 - 1:00 P.M.	Lunch
1:30 - 3:30 P.M.	Afternoon Training Session
4:30 - 6:00 P.M.	Dinner
6:30 - 8:30 P.M.	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
10:00 P.M.	Bed check & lights out

**Session times are subject to adjustments daily*

Shuttle Schedule

Updated – 6/11/2025

We offer a daily shuttle service from the Blair County Convention Center and the Altoona Grand Hotel. This schedule is subject to change. For a more detailed daily schedule, click this [link](#).

Check-in Dates (July 13 and 20)

2:30 p.m. Partnering Hotels to BCCC

5:30 p.m. BCCC to Partnering Hotels

6:30 p.m. Partnering Hotels to BCCC

9:15 p.m. BCCC to Partnering Hotels

July 14-17 and July 21-24

9:00 a.m. Partnering Hotels to BCCC

Noon BCCC to Partnering Hotels

1:15 p.m. Partnering Hotels to BCCC

3:45 p.m. BCCC to Partnering Hotels

5:30 p.m. Partnering Hotels to BCCC

8:45 p.m. BCCC to Partnering Hotels

July 18 & 25

9:00 a.m. Partnering Hotels to BCCC

11:30 BCCC to Partnering Hotels

TBD & Laundromat Shuttle

July 27

8:30 a.m. Partnering Hotels to BCCC

11:00 a.m. BCCC to Partnering Hotels

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.
- Shirts and shoes must be worn at all times.
- You are not allowed to leave the camp premises. This includes taking the shuttle to a hotel you are not being housed at. **Automatic dismissal from camp.**
- Persons of the opposite sex are not allowed in your hotel room. Boys should not be at the girl's hotel and girls should not be at the boys' hotel. **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!!!

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)
- 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)
- Swimming trunks & sandals/flip flops (Altoona Grand only)
- Snack Foods
- 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

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 COVID or 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.

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 would be required. We do not issue refunds.

Camp Credit Schedule

Cancellation before June 21st = Full Camp Credit

Cancellation after June 21st = 50% Camp Credit

Cancellation after July 7th or no show to camp= no Camp Credit

A Note For Parents

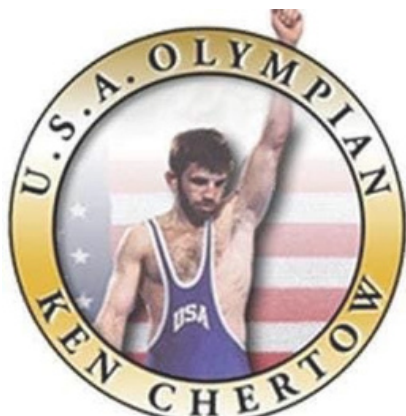
We welcome parents to attend any/all sessions for free. Feel free to videotape or take photos/notes.

If you booked a private room through our hotel block(s), we will let you know at check-in which hotel we have you booked at. If you are arriving before camp-check-in, you will receive an email with your hotel assignment.

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 to purchase your meal plan. Parents who purchase a meal plan will receive a wristband at check-in.

Hotels:

- [Country Inn and Suites by Radisson](#)
- [Altoona Grand Hotel](#)



Ken Chertow Wrestling

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