

WRESTLING CAMPS AT VIRGINIA, LLC.

Dear Wrestling Camper:

This letter serves to inform you that we have received your enrollment form and deposit for this summer's Wrestling Camps at Virginia.

Enclosed you will find our Camp Welcome Packet. Your packet includes important information regarding check-in times/places, things to bring, etc. Please carefully review all of the materials.

We still need the following items in order for you to participate:

_____ **Uploaded Current Physical or Our Medical Form**

_____ **Uploaded Front & Back Copy of Insurance Card**

_____ **e-Signed Release & Consent Agreement**

_____ **e-Signed Camp Rules & Regulations**

_____ **Balance Due** (paid in full before you may begin camp)

If you are unable to upload or e-sign any of the above-required documents, please have them sent to coachleen@virginia.edu and/or bring to registration.

If you have any questions or concerns, please feel free to contact:

Jordan Leen: 434-326-7698, coachleen@virginia.edu.

Paige Leen: 423-313-8582, uvawrestling.pleen@gmail.com

Thank you for choosing Wrestling Camps at Virginia!

General Information

Check-in and Camp Registration:

Check-in and registration for all campers will begin at 12:30PM on the first day of camp in the main floor ballroom of the Cavalier Inn Hotel at the University of Virginia. The hotel address is 105 Emmet St N, Charlottesville, VA

Housing

All Resident Campers will enjoy deluxe accommodations at the newly renovated Cavalier Inn Hotel at the University of Virginia. All guest rooms feature 4 Star Hotel mattress bedding, pillows, and luxury linen collection that extends to bath linen and feature new bath amenities by Bath & Body Works. Each room features a refrigerator and microwave, iron & ironing board, electronic laptop size safe, free high speed internet and Free Wi-Fi in all guest rooms along with a 37" inch flat screen TV with cable.

*There will be a \$20 Key Deposit collected at check-in. Each lost key will cost \$10

Roommates:

Roommate requests will be honored if we are notified in advance. Otherwise, you will be assigned a roommate based upon age, teammate, etc.

Supervision:

Wrestling Camps at Virginia LLC staff and counselors will supervise campers. Campers will not be permitted to travel anywhere without Supervision! Inappropriate behavior will not be tolerated, and may be grounds for dismissal from camp without refund.

Linens and towels:

The hotel staff will restock linens and towels daily

Meals:

Campers will be provided with a full service hot breakfast each morning in the hotel dining room. For lunch they will receive a variety of catered cuisine from nearby favorites such as Chipotle, Jimmy Johns, Zoes Kitchen, and Chick-Fil-A. The chef's staff at the Athletes-Only Dining Hall in the John Paul Jones Arena will serve dinner. Appropriate clothing (clean shirt with sleeves, shorts or pants, and shoes), as well as appropriate behavior is expected from every camper at every meal.

** If you have food allergies please notify Jordan or Paige Leen (Contact info on front page) Accommodations will be provided for anyone with food allergies.*

The following meals will be provided:

Boarding Camper: Breakfast, Lunch, and Dinner

Commuting Camper: Lunch and Dinner Only

(General Information Cont.)

Rules and Regulations:

All campers are required to comply with the rules and regulations (e-signed online or enclosed in packet). Any violation of these rules will result in dismissal from the camp with ***NO REFUND*** given.

Insurance and Medical Forms:

Wrestling Camps at Virginia, LLC requires all campers to carry personal health insurance and to have had a recent physical exam or sign our consent form.

Transportation:

We can provide transportation to and from the bus/train/airport locations for the same fee as a taxi service due to NCAA Regulations. Please contact Jordan or Paige Leen (contact information on front page) to make arrangements.

Commuters:

Local campers have the option to commute. Campers participate in all of the camp sessions and are provided meals between scheduled sessions (breakfasts are not included).

Drop off time: 30 minutes prior to first session of the day

Pick up time: 30 minutes following final session of the day

Drop off/ Pick up location: The lobby of the Cavalier Inn Hotel

Camp Store:

Virginia Wrestling Camps will be operating a camp store for the campers' convenience. The camp store will be open each evening following the final session until the time of bed checks. It will also be open during check-in and check-out for your convenience. Daily camp store inventory will consist of UVA wrestling gear, Gatorade, pizza, water bottles, Defense Soap, candy, bars, snacks, etc...

Refund Policy:

Refunds (less \$150 non-refundable deposit) can be obtained for emergency situations ONLY (i.e. death in family or medical injury). ***Your deposit of \$150 is non-refundable.*** All refund requests must be submitted in writing with the name, address, and phone number of the camper. Please email coachleen@virginia.edu.

Laundry:

Each camper will receive a free Virginia Wrestling laundry bag along with a bar of Defense Soap at registration. They are welcome to fill that laundry bag to the brim and leave it in the camp store at night to be washed and returned to them clean the following night for a \$10 laundry fee.

Frequently Asked Questions:

1. **When is the remaining balance due?** Balance must be paid prior to camp registration.
2. **Will there be a medical staff at the camp?** Yes. Our certified athletic training staff is present at all camp functions.
3. **Are you driving?** You are welcome to park at The Cavalier Inn Hotel free of charge

2016 Physical Form

Note: You may substitute a copy of a physical as long as it has been done within the past 12-months.

To be completed by family physician:

Date: _____

_____ has been examined and found to be in satisfactory health and apparently free from communicable disease. There are no apparent contraindications to participating in sport camp activities.

Most recent tetanus shot: _____

Medical Questions:

Please answer Yes or No. If yes, explain answers below (use back if necessary):

1) Any medical conditions or injuries under current treatment?

2) Are you allergic to any drugs, food, etc.?

3) Past illness of more than one week duration?

4) Asthma?

5) Contact lenses?

_____, MD

Signature

Phone Number

_____, MD *Print Name*

Athletic Camp/Clinic Sports Medicine Information Sheet

Please provide the following medical information for your child:

Primary emergency contact (Name, relationship, phone number)

Name _____
Relationship _____
Phone Number _____

Secondary emergency contact (Name, relationship, phone number)

Name _____
Relationship _____
Phone Number _____

Allergies (medication, food, bee sting, poison ivy, etc.)

Please describe the nature of the reaction (rash, hives, difficulty breathing, etc.)

Injury history (eg. recent sprains, fractures):

Medical conditions (eg. asthma, diabetes, cardiac disorders, seizure disorders)

Medications currently taking

Date of last tetanus shot (month/year)

2016 Rules & Regulations

Camper's Name (Last): _____ (First): _____

1. Campers must attend all sessions, unless otherwise excused by a trainer or camp director.
2. There will be no females allowed in your room at any time. Treat the women around the campus with respectful manners.
3. Room curfew is at 10:30PM and you are not allowed out anytime thereafter. Lights out is at 11:00pm. Room check will be between 10:45pm-11:00pm each night. **Any camper exiting their room after curfew will be dismissed from camp.** The camper's parents will be contacted and required to pick up the camper on the next day. No refund of camp fees will be given for any campers who are dismissed for violation of the rules herein.
4. Anyone caught stealing will be immediately dismissed from camp. No refund of camp fees will be given for any campers who are dismissed for violation of the rules herein.
5. Drugs, alcohol, and cigarettes are strictly prohibited! **Any camper found to have any of these items in their possession will be dismissed from camp immediately.** The camper's parents will be notified immediately and required to pick up the camper on the next day. No refund of camp fees will be given for any campers who are dismissed for violation of the rules herein.
6. Any damage to rooms will be billed directly to your parents.
7. Campers are only permitted to travel to areas indicated on the camp itinerary (designated athletics facilities and The Cavalier Inn Hotel) and must always be accompanied by a counselor(s). Travel to non-sanctioned areas of campus or to off campus locations are prohibited unless approved by senior staff and accompanied by a counselor.
8. Fighting or hazing may result in dismissal from camp. Team unity does not get built by hazing! No refund of camp fees will be given for any campers who are dismissed for violation of the rules herein.
9. Treat all facilities with respect. **You will be responsible for all damages.** Do not enter facilities without any coaches or counselors present.
10. Failure to abide by the above rules may result in dismissal from camp. **If dismissed from camp, no refund of camp fees will be given for any campers who are dismissed for violation of the rules.**

Our signatures indicate that we have read the rules and regulations, understand them, and agree to abide by them. Failure to sign and return this document will prohibit the camper from participating in the camp program.

Camper Signature: _____

Date: _____

Parent/Guardian Signature: _____

Date: _____

2016 Release & Consent Agreement

Wrestling Camps at Virginia, LLC, is sponsored and run by Jordan Leen, and it may be held at the University of Virginia and use some of the University's facilities. However, Wrestling Camps at Virginia, LLC, and its staff are not sponsored or run by the University, and all camp employees are not employees or agents of the University in their operating of the camp.

Please read the following agreement carefully before signing.

CERTIFICATION OF PHYSICAL FITNESS TO PARTICIPATE

1. I understand that a risk of participating in any sport, including Wrestling Camps at Virginia, is the risk of injury, including but not limited to serious permanent injury, paralysis, and death. To minimize the risk of injury, I agree to tell my child to obey all safety rules and to report fully any problems related to his/her physical condition to the summer camp coaches or assistants as soon as the problem begins.
2. By signing below, I certify the following:
 - That my child is not currently under the care of a physician for an injury or illness that would prevent his/her safe participation in the summer camp;
 - Is free of communicable disease of any kind;
 - That my child is not currently being treated for or recovering from an orthopedic injury that would prevent his or her safe participation in the summer camp;
 - That my child does not have a contagious condition that could be spread to other campers or staff
 - That my child has no history of fainting or other problems related to strenuous exercise; and
 - That my child is in good health and there is no reason he or she cannot safely participate in strenuous physical activity.

Parent/Guardian Signature _____

Date: _____

CONSENTS

1. By my signature below, I hereby give permission for Wrestling Camp at Virginia, LLC., and its employees and agents to obtain medical treatment for my child, _____, in the event of accident or illness during his/her presence at the camp.
2. By my signature below, I hereby give consent to have my child be photographed or video or audio-taped during camp activities, and I agree that the images so obtained may be used for educational and public relations purposes by Wrestling Camps at Virginia, LLC.

Parent/Guardian Signature _____

Date: _____

RELEASE

1. In consideration for accepting my child into Wrestling Camp at Virginia, LLC., which uses University facilities, I do hereby agree that I am and shall be responsible for all costs associated with any injury or loss that may be sustained by my child as a result of his or her participation at the camp. I also certify that I have health insurance, which provides adequate coverage for injuries or illness my child may sustain while participating in Wrestling Camp at Virginia, LLC.
2. By my signature below, I also agree to release and promise not to sue the Commonwealth of Virginia, the University of Virginia, or their employees or agents, for any damages, loss, injury, or death arising from my child's participation in Wrestling Camp at Virginia, unless such damages, loss, injury, or death are caused by the gross negligence or intentional gross misconduct of such employees or agents.

Parent/Guardian Signature _____

Date: _____

Things to Bring to Camp

Items You Must Bring:

- Wrestling Workout Clothing (3 CLEAN sessions/day)
- Wrestling Shoes are Mandatory (Headgear and Pads are Optional)
- Running Shoes

If not completed online emailed to coachleen@virginia.edu at least 7 days prior to camp - MUST also bring:

- Front & Back Copy of Insurance Card
- Completed Physical or Medical Form
- Signed Release & Consent Form
- Signed Rules & Regulations Form
- Any Balance Due

Additional Items You May Wish to Bring:

- Spending Money for UVA Wrestling Gear, Laundry Service, Gatorade, Pizza, Snack, Laundry Service Etc.