

Pittsburgh Wrestling Camps, LLC

Dear Wrestling Camper:

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

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.

The following items need to be submitted in order to participate:

_____ **Current Physical or Our Medical Form (email or bring to check in)**

_____ **Front & Back Copy of Insurance Card (email or bring to check in)**

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

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

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

Please email physical and insurance card to jleen@athletics.pitt.edu at least 7 days prior to the start of camp or to bring to check in.

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

Jordan Leen: 412-315-9628, jleen@athletics.pitt.edu

Conor Youtsey: 517-262-3079, cyousey@athletics.pitt.edu

Thank you for choosing Pittsburgh Wrestling Camps!

General Information

Check-in:

Check-in for all campers will begin at 5:30PM on the first day of camp outside of Sutherland Hall, which is located adjacent to the Petersen Events Center on the upper campus of the University of Pittsburgh, next to the major athletic facilities.

Sutherland Hall Address:
3725 Sutherland Dr,
Pittsburgh PA 15213

Parking:

- Temporary parking is available for check-in next to Sutherland Hall free of charge. Metered parking may also be available on the streets.
- Additional one-time parking is available in the O.C. lot for \$5 on Sunday and \$7 on weekdays.
- Parking for the full duration of camp will require the purchase of a parking pass. The parking pass will permit parking in the O.C lot authorizing unlimited in-and-outs as well as overnight parking.

OC Lot Parking Address
3537 Allequippa St
Pittsburgh, PA 15213

Housing

Campers and staff will be housed in Sutherland Hall. See address listed above in Check-in. Sutherland Hall is home to all Pitt Wrestling freshman. It provides apartment style living including air-conditioned rooms with double beds and semi-private baths. There is a TV lounge on each floor. The residence features a view of the entire university. Read more about Sutherland Hall amenities: <https://www.pc.pitt.edu/housing/halls/sutherland.php>

Roommates:

Roommate requests made during the online registration process will be honored. Otherwise, you will be assigned a roommate based upon age, teammate, etc.

Supervision:

Camp staff and counselors will supervise campers. Campers will not be permitted to travel anywhere without supervision.

Linens and towels:

Basic linens and towels are provided by Sutherland Hall.

Meals:

The Perch at Sutherland Dining Hall provides unlimited portions for dinner each evening. Lunch will be catered by local restaurants and served in the lobby of Sutherland Hall.

****Be advised:** No meals are provided on the first day. There will be pizza and snacks available for purchase in the camp store at 9PM following the session.

Rules and Regulations:

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

Insurance and Medical Forms:

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

Airport Pickup:

We can provide transportation to and from the bus/train/airport locations for a fee no less than a taxi service due to NCAA regulations. Airport pickup is \$50; you can add this option online during registration process. Please contact Jordan Leen or Conor Youtsey (contact information on front page) to plan or if you have any questions.

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). Showers will be available in between sessions in the counselors' rooms in Sutherland Hall.

Camp Store:

A camp store will be available for the campers' convenience each evening following the final session. It will also be open during check-in and check-out. Daily camp store inventory will consist of Pitt wrestling gear, Gatorade, pizza, water bottles, Defense Soap, technique videos, candy, nutrition 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 emailed to Jordan Leen at jleen@athletics.pitt.edu.

Laundry:

There is a laundry facility available in Sutherland Hall that accepts quarters. It costs \$3 to wash and dry.

Frequently Asked Questions:

- 1. When is the remaining balance due?** Balance must be paid prior to the first session
- 2. Will there be a medical staff at the camp?** Yes. Our certified athletic training staff is present at all camp functions.

2019 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)

2019 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 residence 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.
4. Possession of Drugs, alcohol, and cigarettes is prohibited.
5. Campers are only permitted to travel to areas indicated on the camp itinerary (designated athletics facilities and Sutherland Hall) and must always be accompanied by a counselor(s). Travel to non-sanctioned areas of campus or to off campus locations is prohibited unless approved by senior staff and accompanied by a counselor.
6. No fighting, hazing, or bullying.
7. Treat residence halls and facilities with respect. **You will be responsible for any damages.**
8. All campers are required to abide by the law.

Failure to abide by the above rules may result in dismissal from camp. The camper's parents will be notified immediately and required to pick up the camper by the next day at the latest. No refund of camp fees will be given for any campers who are dismissed for violation of the rules herein.

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: _____

2019 Release & Consent Agreement

Pittsburgh Wrestling Camps, LLC, is sponsored and run by Jordan Leen, and it may be held at the University of Pittsburgh and use some of the University's facilities. However, Pittsburgh Wrestling Camps, 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 Pittsburgh Wrestling Camps, 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 Pittsburgh Wrestling Camps, 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 Pittsburgh Wrestling Camps, LLC.

Parent/Guardian Signature _____

Date: _____

RELEASE

1. In consideration for accepting my child into Pittsburgh Wrestling Camps, 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 Pittsburgh Wrestling Camps, LLC.
2. By my signature below, I also agree to release and promise not to sue the University of Pittsburgh, or their employees or agents, for any damages, loss, injury, or death arising from my child's participation in Pittsburgh Wrestling Camps, 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: _____

Items to Bring to Camp

Items You Must Bring:

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

If not completed online or emailed to jleen@athletics.pitt.edu at least 7 days prior to camp, you 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 Pitt Wrestling Gear, Laundry, Gatorade, Pizza, Snack, Defense Soap, Technique Videos, Etc.

Schedule

Sunday June 23

- 5:30 – 7:00 pm Registration @ [Sutherland Hall](#) (Snacks and drinks available for purchase)
- 7:00 Walk to Fitzgerald Fieldhouse as a group
- 7:00 – 7:30 Orientation, skin checks
- 7:30 – 9:00 Session 1: Neutral Offense + Live

*Camp store will have pizza and snacks available for purchase

Monday June 24

- 8:00 – 8:30 am Breakfast
- 9:00 Announcements + Skin Checks
- 9:30 – 11:30 Session 2: Leg Attack Defense
- 11:30 – 12:00 pm Lunch (Sutherland Lobby)
- 2:00 – 4:00 Session 3
Technique: Counter Offense
Team: Dual Meets 1 & 2
- 5:30 – 6:15 Dinner (The Perch Dining Hall)
- 6:30 - 7:00 Announcements + Coach Speech
- 7:00-9:00 pm Session 4
Technique: Bottom
Team: Dual Meet 3, Game 1

Tuesday June 25

- 8:00 – 8:30 am Breakfast
- 9:00 Announcements + skin checks
- 9:30 – 11:30 Session 6: Top
- 11:30 – 12:00 pm Lunch (Sutherland Lobby)

2:00 – 4:00	Session 7 Technique: Neutral Offense Team: Dual Meets 4 & 5
5:30 – 6:15	Dinner (The Perch Dining Hall)
6:30 - 7:00	Announcements + Coach Speech
7:00-9:00	Session 8 Technique: Top Team: Dual Meet 6 + Games

Wednesday June 26

8:00 – 8:30 am	Breakfast
9:00	Announcements + skin checks
9:00 – 11:00	Session 6: Bottom + Coach Speech
11:30 – 12:00 pm	Lunch (Sutherland Lobby)
1 p.m.	Takedown Tournament
2-3 p.m	Checkout (Sutherland)