

# **2024 Purler Wrestling Academy (PWA) Ardmore Summer Commuter Camp Packing List, Rules, Medical Information, and Cancellation Policy**

## **PACKING LIST:**

1. Campers should bring enough workout gear to get them through 10-training sessions (minimum of 4 sets).
2. Every camper needs to wear clean workout clothes daily which includes but not limited to, wrestling shoes, socks, running shoes, practice shorts, t-shirts or singlets, headgear (optional), **knee pads are highly recommended, bring two pairs so the spare can dry out between training sessions** and a gear bag. **Note:** No inappropriately marked clothing, hats or any other items. Our camp is not a platform for personal or political views.
3. All wrestlers must bring a sport water bottle with their name on it to their training session. Water fountains are available to refill their bottles.
4. Mouthguards for those who have orthodontics.
5. Any needed prescription medicines. Parents, please ensure that the Camp Staff is aware of any medical conditions and needed meds for your camper.
6. Every camper needs a roll of athletic tape.

## **RULES FOR CAMPERS AND PARENTS**

1. Campers are to stay within the boundaries of our training area at all times. Anyone caught off the premises will be sent home with no refund. Please make sure your wrestler is aware they are here to learn and to train. Everyone paid good money to come and have a positive camp experience and that's what we intend to provide.
2. Any property damage will result in restitution by the party or parties who are found to be at fault.
3. No bare feet on the wrestling mats, wrestling shoes only. All wrestlers are to change shoes prior to getting on the mats.
4. **Parents are allowed to watch the but must remain in the bleachers at all times and are not allowed to interrupt the training at any time, you may visit your camper during breaks and lunchtime.** For the safety of the campers, we do not allow parents, friends, or family members around the kids at camp and will not allow anyone to roam about the school grounds.
5. No horseplay during or in between training sessions will be tolerated.
6. All participants (campers, camp staff, volunteers, etc.) will be respectful to all. There is zero tolerance for any discrimination, bullying, harassment, or intimation by anyone. Anyone found not to meet these standards will be sent home and no refund will be issued.

7. Campers must not show up with any contagious skin conditions; Camp Staff will do skin checks to ensure all campers are skin condition free before participating. At a minimum all campers must shower at the end of each training day with anti-bacterial soap to help eliminate any possible contagious skin conditions.

8. Any camper found to be in violation of any of the rules listed above may be subject to dismissal from the camp without any refund.

**EMERGENCY SITUATIONS:** We will not have a trainer on site and in case of serious injury, EMS will be called at once. In case of minor injuries that require medical attention that is above our capabilities to treat, we will then transport the athlete to the nearest medical facility for proper treatment. Usual bangs and bruises that come with training will be treated with our medical kit. In the event of a minor injury, or illness that forces your wrestler to sit out, we encourage them (if physically capable) to take notes of all sessions missed.

**TRAINING PARTNERS:** If your wrestler is coming in with a training partner, please let us know and we'll get them paired up as you request. We will do our best to match up training partners by age, experience, and weight.

**CANCELLATION/REFUND POLICY:**

1. No refunds will be issued after the completion of Day-2 unless there are extenuating circumstances and will be considered on a case-by-case basis only.

2. Any camper dismissed for disciplinary reasons will not receive a refund.

3. Please remember that wrestling is a contact sport and injuries are a part of that, as well as skin infections. By registering for the camp, you are assuming the risk that your child may be injured, become ill, or have a skin infection and unable to complete camp.

4. If a camper chooses to leave camp on their own accord for any reason other than injury or illness, they will not receive a refund.

5. All refunds will be issued (minus any online service fees) for those that cancel before the start of the camp.

6. Any camper leaving camp due to an injury/illness will be given a refund for the remaining value of the camp (minus any online service fees).

If anyone has any questions and or concerns, please contact the Camp Director (Tom Johnston) at [stickfall@gmail.com](mailto:stickfall@gmail.com) or call/text at 540-538-1100.