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## UNC Wrestling Team Camp 2013 June 24 - June 28



Upon arrival, teams are weighed in and placed in "pools", depending on team strength and experience. Dual meets within respective pools are prepared and take place at afternoon and evening sessions. Team dual meet champions are established within each pool. Teams can expect to wrestle approximately 12-14 dual meets over the week.

Instructional sessions for team camp will be held during all sessions in which dual meets are not occurring. Carolina Wrestling Camps will utilize the "Levels System" designed by Cary Kolat for all instructional sessions (see clip on system). Coaches will determine a specific level (1, 2, or 3) for each wrestler on their team. There will be an instructor/coach teaching each level at every instructional session and wrestlers will be directed to their respective instruction level at every session.

Teams requesting specific issues/technique can do so and receive private sessions with UNC staff as space and time provides.

All sessions are held at the spacious and modern Eddie Smith Field House: fully air-conditioned and within a few hundred yards of dorm and dining hall. Unlimited Gatorade is available at all sessions.

Cost for this camp: Commuter \$265.00 Overnight Camper \$365.00

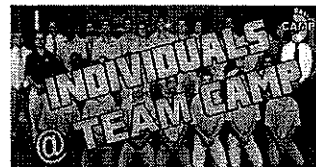
**Group Discounts:**

10 campers \$350 per camper  
15 campers \$340 per camper  
20 campers \$325 per camper  
25 campers \$315 per camper

**Coaches Cost:**

up to 2 free coaches  
1 free with 5 campers  
2 free with 10+ campers  
\$150 each additional coach

(For group discount please have your coach contact the UNC Wrestling Staff at 919.962.5212 or email us)



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## CAMP GUIDE / FAQ's

### Parental Consent Form

**EVERYONE** wrestling at Camp needs to bring a completed and signed copy of the parental consent form to check-in on the first day of Camp. If you do not provide us with a completed copy of the consent form, we cannot let you participate.

### Camp Deposit

The \$100 deposit is non-refundable. After the start of Camp, all tuition is non-refundable regardless of injury or illness due to the nature of our contractual guarantees with our service providers.

### Key Deposit

Key deposits are what we are charged by Housing if a key is not returned at check out. Since rekeying is done within hours after check out, a key found later has no value, therefore the key deposit cannot be returned. Also, damages, which your son has taken responsibility for, that exceed \$45 in repair costs, will be billed to you. Please send your son prepared to be a courteous and responsible guest while at Camp.

### Injury/Illness while at Camp

In the event of an injury or illness, your camper will be evaluated by our NATA certified head trainer. He/she may recommend that your son sit out a session or revisit the trainer before the next session. Your son should follow the advice of the trainer as it is in his best interest to do so. If your son has not registered a complaint, the trainer cannot always know that something is wrong just by looking at a camper. In the event the trainer recommends your son see a physician, the trainer will try to contact you immediately.

### Camp Rules

Camp rules are discussed clearly at the first session and are posted throughout the dorm. We strictly adhere to our rules for good reason, we want to insure the safety of your son and maximize his overall Camp experience. We believe good discipline begins at home and would appreciate you communicating with your son about proper conduct while at Camp. If disciplinary action is required, the Camp Director will contact parents to explain the situation. Campers will be sent home for breaking major rules such as being caught with drugs or alcohol, leaving Camp without permission, or causing bodily harm to himself or other campers. Parents would be called to pick up their son immediately. There will be a meeting during the first camp session at which time the rules for camp will be outlined.

### Contact Us

We will provide phone numbers and emergency numbers at registration. If you will not be at registration, you can reach the **Camp Director's office: 919-962-5212** or cell: **919-475-3272**. Campers can bring cell phones.

### Lost/Stolen items

All of your son's clothing and gear should have his name in permanent marker on them. **Lost or stolen items will not be replaced.** Please prepare your son to be mindful of his belongings and to report a lost or stolen item immediately so the Staff can take action to get it returned.

### Commuters

Commuters should be dropped off or brought to registration at Carmichael Dorm on the first day of Camp. They will walk to the training facility and dining hall from dorm so they know how to get around during the day. All commuters should be dropped off at Eddie Smith Field House each morning at 8:30am and should be picked up from Eddie Smith Field House each evening by 8:30pm for the duration of Camp. **Please do not be late.** Commuters are provided lunch and dinner.

### Parking

**DO NOT** attempt to park your car along Stadium Drive in front of Carmichael Dorm. If you get a ticket we will not pay for it. You can pull your car up along the front of Carmichael Dorm and quickly unload car on the sidewalk. Immediately after unloading car, you need to proceed South on Stadium Drive toward Ridge Road. Make a right on Ridge Road and immediately on your right will be a parking garage. Please park here and walk back to the dormitory to register.

### Coaches with Bus/Van

All buses and vans remaining here during camp have to be moved to a secure location. We have a map showing you where your vehicle will be parked. A staff member will take you to drop your vehicle off and he will bring you back to the dorm. Please see us if for some reason you need access to your vehicle during camp.

## Frequently Asked Questions

**What happens after I register online?** You will receive immediate confirmation upon registration and payment. Within two weeks prior to camp, you will receive specific detailed instructions sent to the email address you used to register unless we have been notified otherwise.

**Does my son need a physical exam before camp?** Your son should be healthy and physically able to attend camp. We do not require a physical exam. We require only a signed "Parental Consent Form" to be provided at registration.

**What time do I need to check-in at Carmichael Dorm on the first day of Camp?** Check-in for Team Camp will take place on June 24th from 10am-1pm. Registration for Team Technique Camp, Solid 60 Camp, and Individual Technique Camp will take place on June 29th from 11am-1pm. Please plan accordingly and arrive before 1pm. If you are going to be late please call to inform us (see contact us section for number).

**Will my son have access to a phone at Camp?** Campers are allowed to have their cell phones at Camp. Please remind them to keep it secured at all times so that it doesn't get lost or stolen.

### Important Camp Documents

Parental Consent Form  
Levels Preview  
Airport Shuttle  
  
Team Camp Weigh-in Sheet  
Team Camp Coach Instructions  
Team Camp Schedule

**Will bedding and linens be provided at Camp?** Campers will have dorm beds but there will be no linens provided. Campers should bring 10ans or sleeping bag with pillow.

**Are the meals varied enough to accommodate vegetarians?** Yes. The dining hall serves sandwiches, salads, pastas, vegetables, fruits, breads, eggs, and many types of entree and a la carte items. It is an all you can eat facility.

**Will my son have access to ice/water at Camp?** Yes. Trainers will have ice available during all practice sessions. Gatorade will have a representative available at all times in the wrestling facility providing Gatorade and water.

**Will my son's roommate request be honored?** Yes, roommate requests will be taken care of at registration when you arrive. Roommates should come to registration together.

**Will there be a Camp Store?** Yes. Carolina Wrestling t-shirts, shorts, sweatshirts, sweatpants and other wrestling gear will be available for purchase. The camp store will only be open at night. Pizza will also be sold in the evenings.

**Will there be a refrigerator and TV in my son's rooms?** No. He is allowed to bring both. There is a lobby in the dorm with a TV.

**Are there laundry services available?** Laundry cards can be purchased at the camp store for the dorm. However, it is best to bring enough workout clothing for 3 sessions per day for four days.

**How much money should my son bring to Camp?** Send enough for late night snacks and incidentals. Camp t-shirts, shorts, spandex, and sweats are popular items.

**How much clothes should my son bring?** Plan on bringing 3 sets of workout gear per day for 5 days of camp. Laundry may not be available in the dorm.

**Are the Rooms Air Conditioned?** Yes, both the dorm rooms and the wrestling facility are air conditioned. Additional fans are allowed in the dorms.

**Directions to Carmichael Dorm on campus for registration?**

**From Virginia and Points North:**

Take I-85 South to Durham, N.C. Exit left at US-15/501 in Durham and follow 15/501 approximately 9 miles to Chapel Hill. Once in Chapel Hill, maintain 15/501 Bypass (Fordham Blvd.) Around the 7th stoplight, turn right on Manning Drive. Continue on Manning until first stoplight. Turn right at light onto Ridge Road. Continue on Ridge Road until first road on left. Turn left onto Stadium Drive and continue on Stadium; Carmichael is on right.

**From Points West:**

Take I-85 North towards Durham, N.C. Exit just past Burlington onto NC-54 East (exit #148, Chapel Hill). Follow NC-54 for approximately 20 miles to Carrboro. Go through two stoplights and stay on NC-54 until the next stoplight. Turn left at light onto Manning Drive. Continue on Manning until first stoplight. Turn right at light onto Ridge Road. Continue on Ridge Road until first road on left. Turn left onto Stadium Drive and continue on Stadium; Carmichael is on right.

**From Points East:**

Take I-40 West to Chapel Hill. Exit at NC-54 West (exit #273 A) and follow for approximately 4 miles. After the US-15/501 overpass, continue straight on NC-54 into campus. Continue through 3-way stoplight and turn left onto Stadium Drive; Carmichael is on left.

**From Points South:**

Take US-15/50 North to Chapel Hill. Exit right onto 15/501 Bypass in Chapel Hill. Turn left at first stoplight onto Manning Drive. Continue on Manning until first stoplight. Turn right at light onto Ridge Road. Continue on Ridge Road until first road on left. Turn left onto Stadium Drive and continue on Stadium; Carmichael is on right."

**Will campers have access to a pool?** Pool time is very selective at UNC. There are so many groups trying to access the pool that it is difficult to get a definitive time slot but we do try to reserve a time every year. The staff will advise the campers at Camp if it is available.

**My son has special needs; will someone take responsibility to see that he gets meds properly?** Yes, but we need to know this ahead of time. If your son has a need please advise us when you register and provide detailed instructions in writing for our trainer.

**What are some of the local hotels if I want to stay?** University Inn – 1-888-452-5765 – ask for the wrestling rate.

If you have any questions, please send an email to [cd@unca.unc.edu](mailto:cd@unca.unc.edu) and we will respond within 24 hours.

UNC Wrestling | Chapel Hill, NC 27599 | 919.962.5212

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