

General Information

Check-in and Camp Registration:

Resident Campers: Check-in and registration for all resident campers will begin at 2:00PM and end at 3:30PM on the first day of camp at UVA's Lambeth Field Residences Area on Emmet Street South. See <http://housing.virginia.edu/area/1171> for more information about Lambeth Field Residences.

Commuter Campers: Check-in and registration for all commuter campers will begin at 3:15PM and end at 3:30PM on the first day of camp at UVA's Lambeth Field Residences Area on Emmet Street South.

Housing:

Campers will enjoy accommodations at Lambeth Field Residences Area on the grounds at the University of Virginia. This housing complex is a short walk to wrestling facilities and dining venue.

All of Lambeth Field's apartments are furnished and include A/C. They contain either two or three double-occupancy bedrooms. Each apartment has one and a half or two baths, a living room, and a kitchen. Housing & Residence Life has recently completed the process of renovating all of Lambeth's interiors, including new carpet, flooring, kitchen cabinets and appliances, bathroom fixtures, lighting, furniture, water heaters, doors and locks.

Key Deposit:

There will be a \$25 Key Deposit collected at check-in for resident campers. This deposit will be refunded at check-out, if key is returned.

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:

Cavalier Wrestling Camps, 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:

Each camper must bring pillow, blanket or sleeping bag, extra-long twin sheets (80" x 36"), and towels.

Meals:

Breakfast and lunch will be catered daily. Dinner will be provided by the chef's staff at the Athletes-Only Dining Hall in the John Paul Jones Arena. 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 English Garland (cavalierwrestlingcamps@gmail.com)
Accommodations will be provided for anyone with food allergies.*

The following meals will be provided:

Resident Campers: Breakfast, Lunch, and Dinner

Commuter Campers: Lunch Only

Rules and Regulations:

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

Insurance and Medical Forms:

Cavalier Wrestling Camps, LLC requires ALL campers to carry personal health insurance and to have had a recent physical exam. ***You MUST have personal health insurance in order to participate.***

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 English Garland to make arrangements (cavalierwrestlingcamps@gmail.com).

Commuters:

Campers have the option to commute. Commuter campers will participate in two sessions of the camp daily and are provided lunch.

Drop off time: 8:45am

Pick up time: 4:00pm

Daily Drop off/ Pick up location for Commuter campers will be at UVA Wrestling Room.

Camp Store:

Cavalier Wrestling Camps will be operating a camp store for the campers convenience. The camp store will be open each evening following the final session. Daily camp store inventory will consist of UVA wrestling gear, Gatorade, pizza, water, soda, 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, phone number, name of the camper, and reason. Please email cavalierwrestlingcamps@gmail.com.

Frequently Asked Questions:

1. **When is the remaining balance due?** Balance must be paid 2-weeks prior to camp start date.
2. **When do camp forms need to be returned?** You may email them to English Garland (cavalierwrestlingcamps@gmail.com) 2-weeks prior to camp start date.
3. **Will there be a medical staff at the camp?** Yes. Our certified athletic training staff is present at all camp functions.

Things to Bring to Camp:

Resident Campers:

- Pillow
- Blanket or Sleeping Bag and Extra-Long Twin Sheets
- Towels and Toiletries
- Wrestling Workout Clothing (3 **CLEAN** sessions/day)
- Wrestling Shoes are Mandatory (Headgear and Pads are Optional)
- Running Shoes
- \$25 Key Deposit

Additional Items You May Wish to Bring:

- Alarm Clock
- Spending Money for UVA Wrestling Gear, Gatorade, Pizza, Snacks, Etc.

Commuter Campers:

- Wrestling Workout Clothing
- Wrestling Shoes are Mandatory (Headgear and Pads are Optional)
- Running Shoes

All Campers:

If not you have not emailed the required forms to cavalierwrestlingcamps@gmail.com at least 2-weeks prior to camp start date and/or paid balance online - **MUST also bring:**

- Front & Back Copy of Insurance Card
- Completed Physical
- Athletic Camp/Clinic Medicine Information Sheet
- 2018 Signed Release & Consent Form
- 2018 Signed Rules & Regulations Form
- Any Balance Due

Required forms are available online at wrestlingcampsatvirginia.com. Visit our documents page!