

# **Cavalier Wrestling Camps, LLC at the University of Virginia**

Dear Wrestling Camper:

This letter serves to inform you that we have received your enrollment form and deposit for the Cavalier Wrestling Camps at the University of Virginia for this summer.

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:

\_\_\_\_\_ **Athletic Camp/Clinic Sports Medicine Information Sheet**

\_\_\_\_\_ **Front & Back Copy of Insurance Card (must have insurance to participate)**

\_\_\_\_\_ **Release & Consent Agreement**

\_\_\_\_\_ **Camp Rules & Regulations**

\_\_\_\_\_ **Balance Due** (must be paid in full 2-weeks prior to camp start date)

Please email the above-required documents to [cavalierwrestlingcamps@gmail.com](mailto:cavalierwrestlingcamps@gmail.com) at least 2-weeks prior to camp start date. If you are not able to email the documents, please contact us.

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

Thank you for choosing Cavalier Wrestling Camps!

See you at camp,

English Garland  
Camp Administrator  
[cavalierwrestlingcamps@gmail.com](mailto:cavalierwrestlingcamps@gmail.com)  
434-566-9717

Steve Garland  
Camp Director  
[cavalierwrestlingcamps@gmail.com](mailto:cavalierwrestlingcamps@gmail.com)  
434-962-0171

## **General Information**

### **Camp Dates:**

**Technique Camp: June 23-26**

**Elite Camp: June 24-29**

**Team Camp: June 26-29**

### **Check-in and Camp Registration:**

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

**Commuter Campers:** Check-in and registration for commuter campers will begin at 3:00PM and end at 3:15PM at UVA's Lambeth Field Residences Area on Emmet Street North on first day of camp.

### **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. Linens NOT provided!

### **Key Deposit:**

New this year... No Key Deposit! Instead you will be charged \$25 at check-out if you do not return key. ☺

### **Roommates:**

Roommate requests will be honored if we are notified 2-weeks 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 completed our Athletic Camp Sports Information Form. ***You MUST have personal health insurance in order to participate and provide front and back copy of insurance card.*** You will not be able to participate without these items.

### **Transportation:**

We can provide transportation to and from the bus/train/airport locations for the same fee as a taxi/uber 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. ***Parents of commuters will need to sign child in/out each day.***

Drop off time: 8:45am (First and Last Day May Differ)

Pick up time: 4:00pm (First and Last Day May Differ)

**Daily Drop off/ Pick up location for Commuter campers will be at Memorial Gymnasium 262 Emmet St, South. See Camp Schedule for First and Last Day Info.**

### **Camp Store:**

Cavalier Wrestling Camps will be operating a camp store for the campers convenience. The camp store will be open daily after session. Camp store inventory will consist of UVA wrestling gear, Gatorade, water, soda, candy, bars, snacks, etc. Camp Store order form will be sent in separate email.

### **Refund Policy:**

Refunds (less \$150 non-refundable deposit) can be obtained for emergency situations ONLY (i.e. death in family or medical injury) 2-weeks before camp. No refunds can be given if camp starts within 2-weeks. ***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. If not paid by then, please bring payment to check-in.
2. **When do camp forms need to be returned?** You may email them to English Garland ([cavalierwrestlingcamps@gmail.com](mailto:cavalierwrestlingcamps@gmail.com)) 2-weeks prior to camp start date. If not sent in 2-weeks prior to camp start date, please bring all forms and insurance card to check-in.
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

Additional Items You May Wish to Bring:

- Card games, etc.
- Clock
- Spending Money for UVA Wrestling Gear, Gatorade, 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](mailto: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
- Athletic Camp/Clinic Medicine Information Sheet
- 2019 Signed Release & Consent Form
- 2019 Signed Rules & Regulations Form
- Any Balance Due

## 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)

\_\_\_\_\_

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 housing facility) 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: \_\_\_\_\_

Cavalier Wrestling Camps, LLC, is sponsored and run by Steve Garland, and it may be held at the University of Virginia and use some of the University's facilities. However, Cavalier 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. Each participant's health and safety should be carefully considered by the participant and/or such participant's legal guardian given the risks involved with physical fitness and in light of the various releases made herein.*

**CERTIFICATION OF PHYSICAL FITNESS TO PARTICIPATE:**

1. I understand that a risk of participating in any sport, including Cavalier 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 any other rules, regulations or restrictions set forth by any of the individuals associated with the camp. I further agree to instruct my child to fully report and/or disclose any problems related to his/her physical condition to the summer camp coaches or assistants as soon as the problem arises or becomes noticeable.
  
2. By signing below, I certify the following:
  - I am authorized to execute this document and make decisions on behalf of my child as his/her parent or legal guardian.
  - 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 Cavalier Wrestling Camps, LLC, and its employees, staff, or agents to obtain medical treatment for my child, \_\_\_\_\_, in the event any accident, illness, injury or other medical conditions arise 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 Cavalier Wrestling Camps, LLC.

Parent/Guardian Signature \_\_\_\_\_

Date: \_\_\_\_\_

**RELEASE:**

For good and valuable consideration, including my child's participating in the Cavalier Wrestling Camps, the receipt and sufficiency of which are hereby acknowledged, and as evidenced by my signature below, I hereby, on behalf of myself, my child, and any of our heirs, successors, executors, administrators, assigns, or survivors:

1. Agree that I am and shall be responsible for any and all costs associated with any injury or loss (including all actual costs and expenses associated with accompanying medical attention) that may be sustained by my child as a result of his/her participation in the camp, whether such injury is the direct or indirect result of such participation. I further certify that I have or a member of my family has, health insurance, which provides adequate coverage for any injuries, illnesses or other medical conditions my child may sustain in connection with participating in camp. Further, I acknowledge that I am providing various equipment for my child to use in connection with his/her camp participation, and that I am solely responsible for the effectiveness, upkeep, maintenance, and safety of any such equipment.
2. Forever release, indemnify and hold harmless the Commonwealth of Virginia, the University of Virginia, or their employees or agents, the Cavalier Wrestling Camps, and any and all of their employees, agents, independent contractors, and other affiliates, including Steve Garland, personally, from and against any and all claims for any damages, loss, injury, disability, or death arising from or in any way in connection with my child's participation in Cavalier Wrestling Camps, unless any such claim is the direct result of the gross negligence or willful misconduct of any such parties.
3. Certify that I have read all of the terms and provisions of this agreement, and that I understand the various obligations I am assuming and rights I am waiving. This waiver is intended to be as broad and inclusive as permitted by law. It shall be governed by the laws of the Commonwealth of Virginia. To the extent that any part of this waiver or agreements is deemed unenforceable for any such reason, the rest of the terms and provisions hereof are intended to remain in full force and effect.

Parent/Guardian Signature\_\_\_\_\_

Date: \_\_\_\_\_