

# LOCK HAVEN UNIVERSITY WRESTLING

“Home of 43 All-Americans and 9 National Champions”



## 2020 Summer Wrestling Camps

### **Specialized Technique Camp (\$310)**

June 25-June 28, 2020

### **Team Technique/Competition Camp (\$310)**

June 25- June 28, 2020

### **College Style Training Camp (\$325)**

June 25– June 28, 2020

### **High School & Junior High Team Competition Camp (\$355)**

July 12– July 15, 2020

### **Women's Specialized Technique Camp (\$315)**

June 25– June 28, 2020

Thank you for your support!

Coach Moore– [smoore9@lockhaven.edu](mailto:smoore9@lockhaven.edu) (570-484-2387)

Coach Perry– [rsp6465@lockhaven.edu](mailto:rsp6465@lockhaven.edu) (570-484-2805)

2018 and 2019 PSAC/EWL Champions

Top 20 NCAA Finish 2018 and 2019

# LOCK HAVEN UNIVERSITY WRESTLING

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© LHU Wrestling

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Camp site: [www.totalcamps.com/lhuwrestling](http://www.totalcamps.com/lhuwrestling)

## **Statement Addressing Protocol for Accused Misconduct of an Authorized Adult:**

Authorized Adults or Program shall not violate code set forth by Minors on Campus page 14-16. Any violations shall be reported immediately to the Program Administrator.

## **Statement Addressing Protocol for Accused Participant:**

It is expected that all participants of a sponsored program, activity or service conduct themselves in a polite, respectful manner and adhere to all University rules in the Minors on Campus Code page 15-16. If you are hurt or injured, immediately report your injury to the program supervisor or staff.

Violations of either code will not be tolerated.

All Program Staff will be required to read the Code of Conduct for Authorized Adult or program staff prior to the start of camp.

All participants will be required to read and sign the participant Code of Conduct prior to starting camp.

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# WELCOME

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This packet contains all the information you will need for attending the 2020 Lock Haven University Summer Wrestling Camp at Lock Haven University. We have included information in this packet that will be helpful to you and your family during your visit with us. Please feel free to contact our office if you have any further questions not addressed.

It's also important that you report to camp in good physical condition and mentally ready to make the most of your camp experience. While here, you'll be a part of a team...the entire staff will be working together for your benefit.

We look forward to having you as our guest this summer. Please let us know if there is anything you need.

## CHECK LIST OF ITEMS TO BRING

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1. **Items for your room** - A light blanket, sheets and pillow case. It is also recommended that you bring an alarm clock for your room and a **fan** (not needed for July Camps)
2. **Personal items** - such as a toothbrush, toothpaste, comb, towels, wash cloth, soap, shampoo, deodorant, casual clothes, and light jacket.
3. **Wrestling gear** - such as running shoes and wrestling shoes, workout shorts and T-shirts. Proper head gear must be worn, and optional knee pads if needed, can be purchased. You should also bring a combination lock and a bag to carry your shoes to the mat area. You should have several changes of wrestling practice clothes.
4. **Medical supplies** - Each camper needs to bring his or her own medical supplies. Our training staff will assist you in all medical needs such as taping and therapy. In addition, campers requiring any medication should bring that to registration with them. Our training staff will discuss all medical concerns with you at that time.
5. **Medical History Form** - (accompanying this packet) If you have not mailed your Medical Form to us, please bring it with you to registration. **It's very mandatory that this be signed by a parent or guardian.**

Lock Haven University Foundation camps are not responsible for any expenses due to loss or damage to

## CHECK IN/CHECK OUT

Specialized Technique Camp- 6/25/20 11:30-1:00PM (Woolridge) Check Out -6/28/20 12:00-1:00PM (Woolridge)

College Style Training Camp- 6/25/20 11:30-1:00 PM (Woolridge) Check Out- 6/28/20 12:00-1:00 PM (Woolridge)

Team Technique/Comp Camp- 6/25/20 11:30-1:00PM (Woolridge) Check Out -6/28/20 12:00-1:00PM (Woolridge)

\*Limited to 10 Teams

High School & JR High Team- 7/12/20 11:30-1:30PM (Fairview) Check Out 7/15/20 12:00-1PM (Fairview)

\* Limited to 325 Wrestlers



# CAR POLICY

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Any student camper who is planning to drive his or her own car to camp must register that vehicle and turn in all keys to the coaching staff at registration prior to the first session of camp. Student campers who are caught driving their own vehicle on or off campus will place themselves in jeopardy of being dismissed from camp without a refund. Parking areas will be designated at orientation.

# HEALTH SERVICES

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Routine health care is provided by our sports medicine staff which includes certified trainers and student trainers in the Health Science program at the University. In addition to this full-time staff, a medical staff is on duty at the university's infirmary during normal business hours, Monday through Friday.

All campers (students and adults) should fill out the Medical Form that accompanies this packet. Each student needs to have a parent and/or guardian sign this form. You do not need to be seen by a medical doctor to have this form filled out. Medical Information Forms must be sent back to our office so that we receive them one week prior to the start of camp.

If you cannot get the Medical Information Form to us by that date, **BRING IT WITH YOU TO REGISTRATION**, and please make sure that it is signed by a parent or guardian.

# UNABLE TO PARTICIPATE

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Campers are required to attend all sessions while at camp. If, due to illness or injury, you are unable to participate in the session, campers must stay in the Trainers' Area. Campers are not allowed to stay in their dorm room unattended during the sessions.

# CONTACTING THE CAMPER

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We invite and encourage parents / guardians and coaches to visit any of the camp sessions as well as the end of camp tournaments. Video taping is allowed.

There is no telephone service in the individual dorm rooms. If a parent wants to check in on his or her child periodically, we suggest that you make arrangements with your child so he or she can call home during the week using cell phones.

In case of emergencies, you can also call the wrestling office at **570-484-2805 or 570-484-2304** or the Public Safety Office at 570-484-2278.

# FOOD SERVICE

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A meal card will be used to identify our campers during meal times. The cards are not transferable and must be turned back in at the end of camp. Dinner will be the first meal of the camp on the first day, and breakfast will be the last meal of the camp on the last day.

# PAYMENTS

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All registrations must be accompanied by a \$100 non-refundable deposit. The balance can be paid at registration, but preferred that it is mailed according to the schedule below:

Specialized Technique Camp: June 18th, 2020

Team Technique/College Style Camp– June 18th, 2020

HS & JH Team Camp: July 5th, 2020

Payments made in advance will ensure a smooth and efficient registration.

If this isn't possible, due to registering late, please bring any balance with you to registration using a money order, a check issued by your school, or cash. **DO NOT MAIL ANY REGISTRATION MATERIALS TO OUR OFFICE POSTMARKED AFTER ONE WEEK PRIOR TO YOUR STARTING DATE OF CAMP.** Please make sure all payments are made out to **Lock Haven University & put Wrestling Camps & the campers name in the memo line.**

You can mail everything to:

Attn: Scott Moore,  
222 Thomas Fieldhouse  
Lock Haven University,  
Lock Haven, PA 17745.

# REFUNDS

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To request a refund of any portion of your camp tuition, **not including** the initial \$100 non-refundable deposit, we must receive your cancellation and request in writing (email, fax or letter) no later than one week before the camp starts.

You may mail them to: Attn. Scott Moore, 222 TFH, Lock Haven University, Lock Haven, PA 17745, email it to [smoore9@lockhaven.edu](mailto:smoore9@lockhaven.edu), or fax to 570-484-2414. Campers that do not show up at registration and have not cancelled in writing prior to that, will not be eligible for a refund.

Campers that need to leave camp due to an injury or illness will be prorated after non-refundable expenses are paid. Campers asked to leave camp due to disciplinary reasons are not eligible for a refund. A penalty of \$35 will be assessed to each check which is returned for insufficient funds.

**ALL refunds will be processed in August 2020 upon the completion of camps.** Refund requests for those that partially attended the camp must be received by Friday, July 17, 2020. If you haven't received a refund check or decision on your refund request by September 1, 2020 please call 570-484-2387. We'll be happy to check our records for you.

Campers leaving early for any reason other than medical, including those asked to leave due to disciplinary reasons, will not be eligible for a refund.

# TENTATIVE SCHEDULES

## Team Technique/Competition Camp June 25-June 28, 2020

### Thursday, June 25

11:30 AM - 1:00 PM	Registration (Woolridge)
1:30 PM	Camp Meeting
2:00 PM - 4:00 PM	Wrestling Session
4:30 PM - 6:00 PM	Dinner
7:00 PM - 9:00 PM	Wrestling Session
10:30 PM	Floor Meeting
11:00 PM	Lights Out

### Friday, June 25- Saturday, June 28

7:30AM - 9:00 AM	Breakfast
9:30 AM - 11:30 AM	Wrestling Session
12:30 AM - 2:00 PM	Lunch
2:30 PM - 4:30 PM	Wrestling Session
4:30 PM - 6:00 PM	Dinner
7:00 PM - 9:00 PM	Wrestling Session
10:45 PM	On Your Floor
11:00 PM	Lights Out

### Sunday, June 28

7:30AM - 8:30 AM	Breakfast
9:00 AM - 11:30	Wrestling Session
12:00PM- 1:00 PM	Check Out at your Dorms

## High School & Junior High Team Camp July 12-15, 2020

### Sunday, July 12

11:30 AM - 1:30 PM	Registration (Fairview)
2:00 PM	Camp Meeting
2:30 PM - 4:30 PM	Wrestling Session
5:00 PM	Dinner
7:00 PM-9:00 PM	Wrestling Session
10:30 PM	Floor Meeting
11:00 PM	Lights Out

### Monday, July 12 Tuesday, July 15

7:30AM - 9:00AM	Breakfast
9:30AM - 11:30 AM	Wrestling Matches
12:00PM - 1:30 PM	Lunch
2:30PM - 4:30 PM	Wrestling Matches
4:30 PM - 6:00 PM	Dinner
7:00 PM - 9:00 PM	Wrestling Matches
10:45 PM	On Your Floor
11:00 PM	Lights Out

### Wednesday, July 15

7:30 AM - 8:30 AM	Breakfast
9:00 AM- 11:30AM	Individual Camp Tourney
Noon - 1:00 PM	Check Out at your Dorms

## Men's/Women's Specialized Technique Camp June 25-June 28th, 2020

### Thursday, June 25

11:30 AM - 1:00 PM	Registration (Woolridge)
1:30 PM	Camp Meeting
2:00 PM - 4:00 PM	Wrestling Session
4:30 PM - 6:00 PM	Dinner
7:00 PM - 9:00 PM	Wrestling Session
10:30 PM	Floor Meeting
11:00 PM	Lights Out

### Friday, June 25 - Saturday, June 28

7:30AM - 9:00 AM	Breakfast
9:30 AM - 11:30 AM	Wrestling Session
12:30 AM - 2:00 PM	Lunch
2:30 PM - 4:30 PM	Wrestling Session
4:30 PM - 6:00 PM	Dinner
7:00 PM - 9:00 PM	Wrestling Session
10:45 PM	On Your Floor
11:00 PM	Lights Out

### Sunday, June 28

7:30AM - 8:30 AM	Breakfast
9:00 AM - 11:30	Wrestling Session
12:00PM- 1:00 PM	Check Out at your Dorms

## College Style Training Camp June 25-June 28, 2020

### Thursday, June 25

11:30 AM - 1:00 PM	Registration (Woolridge)
1:30 PM	Camp Meeting
2:00 PM - 4:00 PM	Wrestling Session
4:30 PM - 6:00 PM	Dinner
7:00 PM - 9:00 PM	College Wrestling Session
10:30 PM	Floor Meeting
11:00 PM	Lights Out

### Friday, June 25- Saturday, June 28

7:30AM - 9:00 AM	Breakfast
9:30 AM - 11:30 AM	Technique Wrestling Session
12:30 AM - 2:00 PM	Lunch
2:30 PM - 4:30 PM	Circuit Lifting Session
4:30 PM - 6:00 PM	Dinner
7:00 PM - 9:00 PM	College Wrestling Session
10:45 PM	On Your Floor
11:00 PM	Lights Out

### Sunday, June 28

7:30AM - 8:30 AM	Breakfast
9:00 AM - 11:30	Wrestling Session
12:00PM- 1:00 PM	Check Out at your Dorms

\*Pool will be open from 9:00-9:45 PM of most nights of camp

# CAMPUS MAP

