

**MY CAMP DATE IS:** \_\_\_\_\_



Parents,

Thanks for your interest in one of our Purler Wrestling camps, we have a big camp planned for the boys. Following is information about what to expect and what to pack for camp. Please read the letter carefully and thoroughly!

**I. CAMP STORE \*Some of these items are no longer available after our summer camps.**

We will have a few items available for sale at camp. To help you plan ahead on how much money to send with your son here's what is available and each item's price.

- We'll have a couple of different designs of Purler Wrestling shirts for sale, a single-color front and back design for \$20 or 2 for \$35.
- Purler fight shorts for \$45
- Mesh Purler shorts for \$20
- Purler hoodies for \$33
- Purler singlets for \$60
- Purler mesh gear sling bag for \$22
- Nick's book, "The Purler Way" for sale for \$15.

In addition to Purler items, we'll also have a concession stand open during select hours that will sell popsicles/ice cream treats/snacks/soda/gatorades/ etc. so you may want to send a little extra for a cold treat after a tough workout or a snack before bed! Most items are \$2.00. Please send ones or fives to pay for these items!

**II. DIRECTIONS AND HOTEL INFORMATION**

All of our Competition Camps are now held at our Sudden Victory Athletic Center in Moscow Mills, MO at [4880 Mette Rd.](#) Google maps/MapQuest will get you to our new facility just west of St. Louis, MO.

Hotels in the area are:

[Super 8 Troy](#)

28 Turnbull Trail, Troy, MO - (636) 528-6888

[Luxury Inn & Suites](#)

107 King Drive, troy, MO - (636) 528-0080  
(this one used to be a Holiday Inn Express)

[Fairfield Inn & Suites](#)

130 Crossroads S Dr, Wentzville, MO 63385 - (636) 332-5000

[Hampton Inn & Suites](#)

150 Wentzville Bluffs Dr, Wentzville, MO 63385 - (636) 445-3780

### III. AIRPORT TRANSPORTATION

If your son requires airport pick-up or drop-off there will be a **\$50 (total round trip)** airport transportation fee per person. This includes the extra room and board. You are booking flights into Lambert International Airport only, which is STL on the airport code. Flights are to be booked for arrivals between 4:00 p.m. and 9:00 p.m. the night before (campers stay out at our facility with the coaches) and departures for either 6:00 p.m. - 9:00 p.m. the last day of camp. **Any flights booked too far outside of these flight times will require an extra fee of \$40. Please contact us regarding this!! Please also note, pick-up times are scheduled in intervals. This means your son may be waiting at the airport for awhile before we arrive or may be dropped off well in advance of his departure. All wrestlers are instructed to wait at baggage claim. All unaccompanied minors will be met at their gate at their precise arrival times and will arrive two hours before departure.** If you have any questions, please email us at [info@purlerwrestling.com](mailto:info@purlerwrestling.com).

It is best if you send your son in a wrestling T-shirt. We will be in our "Purler Wrestling" T-shirts so we will be easy to spot. If your son is traveling with a cell phone please give us his number to make communication easier. Reminder, we need his airline, flight #, departure & arrival city, along with arrival/departure time. We have two separate terminals here so we need to know where to go to get him.

Everyone's airport fee of \$50 per person is due upon arrival. Please have your son's airport fee in an envelope with his name AND "airport fee" on the outside. It's best to put it in a carry-on so that it is easy to access when he is picked up. Anyone being picked up by a coach can pay the coach. Remember, the fee covers transportation to and from, dinner the night they fly in and breakfast the next morning, as well as, an extra night's stay. If they are staying over the last night, it also includes another dinner. Breakfast is on their own at the airport. Please be sure they have money left for that.

### IV. CHECK-IN AND CHECK-OUT TIMES & TRAINING SESSIONS

**Registration (Day 1 of your camp) will be between 10:45 a.m. and 11:15 a.m. in our small gym (entrance is to the left of the covered porch area). Please, if you arrive early, wait in the parking lot for registration to begin. Do not wander around the campus until you have been checked in and told where to go.**

**There will be a registration table set up in the small gym. After checking in please help your wrestler get settled in his bunk and then say your goodbyes. The parking lot has limited space and we need to let others in to drop off their sons. All parents need to leave the training facility by 11:15 a.m. so we can get started with camp.**

First meal of camp will be lunch. Be sure your wrestler(s) have eaten a good breakfast. We will begin the first session at 11:30 a.m. sharp.

Day 1 Training Times		Meal Times	
Session I	11:30 a.m. – 1:30 p.m.	Breakfast	On your own
Session II	3:15 p.m. – 5:15 p.m.	Lunch	1:30 p.m. – 3:15 p.m.
Session III	7:30 p.m. – 8:45 p.m.	Dinner	5:15 p.m. – 7:00 p.m.
Day 2 – Training Times		Meal Times	
Session I	9:00 a.m. – 11:30 a.m.	Breakfast	8:00 a.m. – 9:00 a.m.
Session II	1:15 p.m. – 3:15 p.m.	Lunch	11:30 a.m. – 1:15 p.m.

**Last session on the last day will end at 3:15 p.m. Please be there by 3:30 p.m. to pick up your wrestler! If you can't make it in by 3:30, please call and let us know when to expect you. We have airport runs and clean-up to do.**

On the final day of camp, we will re-hit and re-teach key areas that the campers had difficulty with and brush up on some final areas. Session II of the last day will be a very physical review/hard drill session. EVERYTHING covered will be hit many, many times in order to fully reinforce the week's worth of training. **Parents are encouraged to come to the last session and watch what their wrestler has learned over the weekend.** Shower, room-check, and head home at 3:30 p.m.

## V. MEALS

**If your child has a food allergy or dietary restrictions, please contact us to arrange for proper meal planning.**

## VI. REC-TIME

As you can see from the schedule, we will have plenty of time for fun and hanging out. Our 2,400 sf game room is still under construction. All rec time will be spent in the gym or weather permitting, outside on our 9 acres. We plan to have some games and movies for rec-time.

## VII. PACKING LIST **We have A/C in the bunks, no need for a fan!**

Here is a list of some things you should pack:

1. Workout clothes (may be shorts and T-shirts or singlets)
2. Mesh laundry bag to store dirty clothes away from clean clothes and allow them to dry.
3. **Every camper needs a roll of athletic tape.**
4. 2 Towels (need two so they can dry out between showers.)
5. Toiletries, **MUST include a good antibacterial soap.** (NO SPRAY ON DEODORANT PLEASE)
6. 3-way plug for sharing the outlets if you have electronic items.
7. A phone charger.
8. Wrestling gear (headgear is not required), Neoprene knee pads are highly recommended. Pack two pairs so the spare can dry out between practices.
9. **TWIN** sized sheet set, a light blanket, and pillow (You have a mattress provided on your bunk.)
10. Electronic games, DVD players, and cell phones are **"bring at your own risk!!"** There are no lockers to lock away these valuable items during your session time. If you choose to bring these items you should consider purchasing a footlocker and padlock to bring with you or a luggage lock. Movies should be limited to a PG 13 rating to accommodate most campers. Inappropriate movies will be confiscated!
11. **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.**

Please only pack a suitcase, backpack, and a mesh laundry bag. Each wrestler will have a 40" x 30" x 24" shelf to store their bags and belongings on. We need to keep the floor space cleared for emergency exits so no bags on the floor. No trunks/storage bins, etc. Suitcases or duffle type bags only to prevent scratching up the floors and storage shelves.

**No water balloons or baseball bats, only whiffle ball bats allowed at camp!**

## VIII. RULES FOR CAMPERS AND PARENTS

1. Athletes are to stay within the boundaries of our campground **at all times**. Anyone caught off the premises will be sent home with no refund. Please make sure your son is aware he is 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. Any property damage will result in a fine!!
2. No bare feet on the wrestling mats. All wrestlers are to change shoes prior to getting on the mats.
3. Please do not pack snacks. In order to maintain a sanitary environment, we do not allow food/drinks in our bunkhouse. That means there is no place to store snacks.
4. Top bunks are for kids aged 12 – 18 only to ensure safety. Any wrestler over 185 must sleep on a middle or bottom bunk.
5. Showers will be timed and to ensure hot water for everyone and preserve water.
6. Parents are allowed to watch the last sessions only. We are maintaining a distraction-free zone. Parents are allowed to come visit your son, but must meet in the parking lot to do so. Have him meet you at the same picnic table where we have check-in. **For the safety of the campers, we do not allow parents, friends, or family members around the kids at camp and will not allow any parents to roam about the camp grounds, dining pavillion, bunk houses, etc.** If you decide to take him off-campus please have him check out with a coach before you leave.

## **IX. EMERGENCY SITUATIONS**

In case of serious injury, EMS will be called at once. In case of minor injuries that require medical attention, we will transport the athlete to the hospital. We must have a signed release waiver for your son to receive medical treatment. A medical release is at the end of this document. You may print it and hand it in at registration. In case of bangs and bruises, we will handle them with our med kit. If your son chooses not to continue with practice, he will not continue. In case of minor injury, your son will be encouraged to take notes of all sessions. **Remember, no trainer is on-hand at camp.**

## **X. TRAINING PARTNERS**

If your son is coming in with a training partner please let us know and we'll get him paired up as you request. Otherwise, we do our best to match up training partners by age and weight.

## **XI. CANCELLATION/REFUND POLICY**

- All refunds issued will be in the form of a camp credit towards future camps.
- A camper dismissed for disciplinary reasons will not be considered for a credit.
- Any camper leaving camp due to an injury/illness will be given a credit for the remaining value of the camp. Please remember that wrestling is a contact sport and injuries are a part of that, as well as skin infections. By enrolling in camp you are assuming the risk that your child may be injured, become ill, or have a skin infection and unable to complete camp, and it is understood that credit will be given for only the remaining days' value.
- If a camper chooses to leave camp by their own choice, for any reason, they will not receive a credit for the remainder of camp.
- Campers are welcome to reschedule their camp dates if space is available.
- **By registering for camp you are agreeing to abide by these cancellation/refund guidelines.**

## **XII. CONTACT INFORMATION**

Nick Purler [nick@purlerwrestling.com](mailto:nick@purlerwrestling.com)

If, after reading this, you have any further questions, please e-mail me at [nick@purlerwrestling.com](mailto:nick@purlerwrestling.com). Also, go to [www.purlerwrestling.com](http://www.purlerwrestling.com) regularly as there will be more wrestling information throughout the year.

We are looking forward to camp and working with your son/daughter.

Sincerely,

Nick Purler