

MY CAMP DATE IS: _____



Parents,

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

ALL UNPAID BALANCES MUST BE PAID WITH CASH OR MONEY ORDER...NO CHECKS WILL BE ACCEPTED AT CAMP. Thank you for understanding that we cannot take the risk of accepting a bad check.

I. CAMP STORE

We will have a few items available for sale at camp. To help you plan ahead on how much money to send with your wrestler 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. (These are different from the camp shirts each camper receives.)
- Purler fight shorts for \$40
- Purler hoodies for \$35
- Purler singlets for \$50
- Purler mesh gear bag for \$25
- Nick's book, "The Purler Way" for sale for \$20
- Purler embroidered knee-pads for \$25
- Sublimated quarter zips for \$45
- Compression shorts for \$35
- Purler Wrestling embroidered mesh back hats for \$20

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/protein bars/granola bars/ 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 \$1.00 to \$2.00. Please send ones or fives to pay for these items! No snacks or food is allowed in our bunkhouse or gym. All food is to be consumed in the rec room or dining pavilion. This means we will not allow wrestler to bring in their own snacks since there is no place to store them. We must keep our bunks clean and free from spills and food crumbs that attract mice, insects, and ants. Only water bottles are allowed in the bunks. Any snacks found in the bunks will be confiscated and thrown away. Please do not ship food. All packages will be opened and inspected before handing out. Thanks for understanding we want to keep our bunkhouse and gym sanitary this summer.

II. DIRECTIONS AND HOTEL INFORMATION

All of our summer camps are now held at our Combative Sports 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

III. AIRPORT TRANSPORTATION

If your wrestler requires airport pick-up or drop-off there will be a **\$50 (total round trip)** airport transportation fee per wrestler. Late booking fees will occur if you book after June 1st and if you book a week before the start of your camp. Please book early so that we can make proper arrangements for rental vans and drivers. The \$50 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. Also, make sure they have money for the bag fee on their way back if the airline charges for it. They do not take cash at the airport, so if your child does not have a debit card you need to pre-pay this fee when they depart by checking them in on-line.

All airport transportation must be booked on-line at <https://www.purlerwrestling.com/airport-transportation-registration/airport-transportation-registration-form/>. You are booking flights to 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 7:00 p.m. - 9:00 p.m. the last day of camp or 8:00 a.m. – 10:00 a.m. the day after. **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 wrestler may be waiting at the airport for awhile before we arrive or may be dropped off well in advance of their 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 jackie@purlerwrestling.com.

It is best if you send your wrestler in a wrestling T-shirt. We will be in our “Purler Wrestling” T-shirts so we will be easy to spot. If your wrestler is traveling with a cell phone we should get their number, just in case we need to change pick-up groups due to late bookings or delays. Drivers will be contacting the wrestlers via phone to make sure everyone has arrived and they are ready for pick up and will give them directions as to where to meet up outside for pick up. We ask that anyone flying in on SWA into Terminal 2 wait at baggage claim 1 all other wrestlers fly into Terminal 1 and should wait together at baggage claim 4. There is seating available in both areas.

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

Registration (Day 1 of your camp) will be between 8:30 and 9:15 a.m. Please, if you arrive early, wait in the parking lot for registration to begin. We have coaches and campers sleeping in the bunkhouses who may have arrived in the middle of the night in order to be here on time for Day 1. Do not wander around the campground area until you have been checked in and told where to go.

There will be a registration table set up in the parking lot. 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 wrestlers. All parents need to leave the campground by 10:00 a.m. so we can get started with camp.

Session times for day 1 will be modified for registration. First meal of camp will be lunch. Be sure you've eaten a good breakfast. We will begin the first session at 10:00 a.m. sharp. Group 1 will go 10:00 a.m. - 11:00 a.m. and Group 2 will go 11:00 a.m. to noon. We will follow the regular schedule after lunch.

Group 1 – Training Times		Meal Times	
Session I	8:00 a.m. – 10:00 a.m.	Breakfast	7:00 a.m. – 8:00 a.m.
Session II	1:00p.m. – 3:00 p.m.	Lunch	12:00 p.m. – 1:00 p.m.
Session III	6:00 p.m. – 7:45 p.m.	Dinner	5:00 p.m. – 6:00 p.m.
Group 2 – Training Times		Meal Times	
Session I	10:00 a.m. – 12:00 p.m.	Breakfast	7:00 a.m. – 8:00 a.m.
Session II	3:00 p.m. – 5:00 p.m.	Lunch	12:00p.m. – 1:00 p.m.
Session III	7:45 p.m. – 9:00 p.m.	Dinner	5:00 p.m. – 6:00 p.m.

Last session on the last day will end at 3:30 p.m. Group 1 goes 1:00 – 2:15, Group 2 goes 2:15 – 3:30. Check-out time on our last day of camp will be 4:00 p.m. Group 1 wrestlers are welcome to leave after their session. Please be there by 4:00 p.m. to pick up your wrestler! If you can't make it in by 4:00, please call and let us know when to expect you. We have airport runs and clean-up to do.

Any wrestlers flying out early the last day will be moved up to Group 1 so they can make their departure times.

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 past four days.** Shower, room-check, and head home at 4:00 p.m.

V. MEALS

Three meals a day are provided and will be held in the campground's dining pavilion.

Five Day Camp Menu (14 Day Camp Menu is repeated with a dinner for day 5)

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	Cereal Bagels Fruit	Cereal Bagels Fruit	Cereal Bagels Fruit	Cereal Bagels Fruit	Cereal Bagels Fruit
Lunch	Sub Sandwiches Chips Salad Peaches	Hotdogs Chips Salad Peaches	Pulled Pork/Chicken Sandwiches Chips Salad Peaches	Hamburgers Chips Salad Peaches	Left Overs/Sub Sandwiches Chips Salad Peaches
Dinner	Pizza Salad Peaches	Velveeta Cheese Chicken Vegetable Pasta Dinner Roll Salad Peaches	Spaghetti Dinner Roll Salad Peaches	Broccoli Chicken Alfredo Dinner Roll Salad Peaches	<i>14-Day Camp Dinner Only</i> Penne Pasta Dinner Roll Salad Peaches

*Any campers staying the night and flying out the next morning will receive a dinner day 5, breakfast is on their own at the airport. Please plan accordingly.

*If your camper has special dietary needs please contact us at jackie@purlerwrestling.com to make arrangements. No peanut products are used in our meal menus, peanut items may be for sale in the concession stand. If your child has a severe peanut allergy, please notify us so we can pull those items.

VI. REC-TIME

As you can see from the schedule, we will have plenty of time for fun and hanging out. We have a rec room area for wrestlers to hang out and watch movies or play games in. We have plenty of room on our 9 acres for outdoor activities as well. There is a volleyball court and large field for outdoor games. No bikes or scooters please! We can't be responsible for watching them during your wrestler's training sessions and they may end up broken! No water balloons.

VII. LAUNDRY SERVICE FOR WRESTLERS DOING MULTIPLE CAMPS BACK TO BACK AND STAYING WITH US OR DOING THE 28 DAY CHALLENGE.

We are offering a bulk laundry service between camps and on day 7 of the Dream Season Camp. If you want your wrestler to use this service please send \$15 cash for each laundry day (sorry, we do not have change) in an envelope marked with **THEIR NAME** and "laundry". We will cover the laundry soap and fabric softener. **A mesh laundry bag is also necessary, please make sure it is free of holes!** We are not responsible for items that fall out of the laundry bag. **Please make sure your wrestler's name is clearly labeled on the bag!!**

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

All wrestlers are allowed ONE suitcase along with a back pack/wrestling bag and a mesh laundry bag. Each wrestler will have a 40x 30x24 inch shelf and ALL of their gear should be kept on that shelf in order to keep the floor clear for the safety of the kids. Please no trunks/construction style tool boxes. We do not want our floors scratched by dragging them across the bunkhouse.

Here is a list of some things you should pack:

1. The number of workout clothes to pack varies on the wrestler. Some of our little guys don't sweat as much and won't need a fresh set of clothes after each session. Our bigger guys may need to change after each session. Some may just need to change tops, so please plan accordingly. Maintaining a clean environment is of our utmost importance so it is to your wrestler's advantage to have too many clothes and not need them. Sorry, no laundry services available for the five-day camps. Five-day camps have 14 sessions and the fourteen-day camp has 21 sessions before the laundry service is available.

2. Mesh laundry bag to store dirty clothes away from clean clothes and allow them to dry.
3. Knee pads are highly recommended
4. **Every camper needs a roll of athletic tape.**
5. 2 Towels (need two so they can dry out between showers.)
6. Toiletries, **MUST include a good antibacterial soap to fight skin infections, we suggest Dial.** Soap tends to be left behind in the shower, so it is best to send a few bars or a few travel size bottles. We suggest 3 bars for a 5-day camp and 5 for a 14-day camp just in case they are left behind. **(NO SPRAY ON DEODORANT PLEASE)**
7. Sun block is suggested for outdoor rec time, bug repellent lotion or oil, no spray please.
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!!"** Lockers are available, wrestlers must bring their own locks! Please no key locks, combo locks only. 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.** Small water bottles are for sale for \$5 if your wrestler forgets one.
12. Some type of skin protectant (foam or wipe) is required to keep skin infections down. Wipes are available at most drug stores, as long as they are anti-bacterial they will work.

IX. RULES FOR CAMPERS AND PARENTS

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 wrestler is aware they are 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!!

Security cameras are in use.

No bare feet on the wrestling mats. All wrestlers are to change shoes prior to getting on the mats.

Parents are allowed to watch the last sessions only. We are maintaining a distraction-free zone. Parents are allowed to come visit your wrestler, but must meet in the designated parking lot with the picnic tables to do so. **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 pavilion, bunk houses, etc.** If you decide to take them off-campus please have them check out with a coach before you leave.

X. 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 wrestler to receive medical treatment. A medical release is at the end of this document. Your wrestler should bring a signed copy with them to camp in case it is needed. In case of bangs and bruises, we will handle them with our med kit. If your wrestler chooses not to continue with practice, he will not continue. In case of minor injury, your wrestler will be encouraged to take notes of all sessions. **It is best if they have a copy of their insurance card on their cell phone. Remember, no trainer is on-hand at camp.**

XI. TRAINING PARTNERS

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

XII. CANCELTION/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 cancelation/refund guidelines.

XIII. CONTACT INFORMATION

If, after reading this, you have any further questions, please e-mail Nick at nick@purlerwrestling.com. Also, go to www.purlerwrestling.com regularly as there will be more wrestling information throughout the year.

We are looking forward to camp and working with your wrestler.