

SHORTER CAMP INFORMATION

1. **Your payment in full is due prior to camp**
2. **Bring completed Medical Questionnaire Form: Required to Camp**

Registration / Check-in

TEAM CAMP – Registration will take place on Sunday (June 27th) in the Winthrop-King Centre, at 12:00 noon for Teams

Medical History Forms must be received for campers to participate.

A \$50 cash deposit for Resident campers for dorm keys. At check out, the deposit will be returned when the dorm keys are returned.

Camp Check-out

TEAM CAMP - Check out will take place on Thursday July 1st at 11am, from the dorms or the Winthrop-King Centre (coaches' option). Camper's \$50 deposit will be returned when dorm keys are returned.

IMPORTANT PHONE NUMBERS:

Shorter Athletics 706-233-7258

Campus Police 706-233-7218

Coach Miranda 770-595-3129

I will be checking emails regularly: marlomiranda@hotmail.com

RESIDENT CAMPER INFORMATION

Roommates:

Roommate requests will be honored if we are notified in advance. Otherwise you will be assigned a roommate.

Dorm Supervision:

Dorms will be supervised by ***Southern Hawk Wrestling Camp*** Staff and Counselors, as well as by Shorter College Staff. **Inappropriate behavior will not be tolerated, and may be grounds for dismissal from Camp without refund.**

Linens:

You must bring your own sheets, blankets or sleeping bags and pillows. The residence hall is air-conditioned.

Laundry facilities are available in the dorms. Bring a roll of quarters for machines and small detergent.

Meals

Meals will be served in the Residence Dining Hall, adjacent to the dorms. Appropriate clothing (clean shirts with sleeves, casual shorts or pants, shoes, and no practice/gym clothes), as well as appropriate behavior, is expected from every camper in the dining hall.

CHECKLIST OF ITEMS TO BRING TO CAMP

1. Return completed Medical Questionnaire Form
 2. A \$50 cash deposit is required for Resident campers. Deposits will be returned when dorm keys are returned at Check out.
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- Pillow, sheets, blanket or sleeping bag, plenty of towels.
- Laundry detergent and roll of quarters
- Shower shoes
- Bring toilet articles, including antibacterial soap and shampoo.
- Wrestling workout clothing shorts and tee shirts for each session (3 sessions per day). You **MUST** shower and change after each session.
- Informal clothing for dining (shoes and shirts must be worn in dining hall).
- Bring headgear, wrestling shoes, running shoes,
- Mouth guard (recommended, required if you wear braces)
- If you decide to bring a video game or MP3 player be advised the camp or staff will not be responsible for it in case of theft.
- Bring a notebook, to keep technique notes every day.
- Come prepared with three camp goals written down in your notebook.

CAMP RULES

1. No drugs, alcohol, fireworks or stealing. → Immediate dismissal, no refund. Your coach and camp staff will not tolerate inappropriate behavior. If you are dismissed from camp your parents will have to come get you that day.
2. Stay on Campus at all times. Do not enter any off-limit areas.
3. No fighting, hazing, or sexual acts will be tolerated. Keep your hands to yourself unless wrestling.
4. Attend every session. Be on time or early for roll call. Report injuries or illness immediately to the coach or trainer.
5. Shower after every practice. No practice gear in Dining Hall.
6. Carry wrestling shoes to practice; put them on in the arena. No street shoes, Or bare feet on mats.
7. Day Campers must check in & check out daily.
8. Obey all school rules. We are guests, treat the facilities & campus and all Camp and University staff with courtesy and respect.
9. Have Fun, & Learn!