



Hitchcock/Azevedo Wrestling Camps

World Class Training in a World Class Location

Training Champions for Over 40 Years

Toll Free 1-877-809-3232

www.wrestlingcamps.org

hawrestlingcamp@gmail.com

Hitchcock/Azevedo Wrestling Camps – Frequently Asked Questions (FAQ)

General Camp Questions

How is Hitchcock/Azevedo Wrestling Camps different? The camp is held in America's most unique location and venue for a summer wrestling camp. Athletes train outdoors under a tent in beautiful Squaw Valley, California. Campers sleep in historic buildings that housed the international press corp. during the 1960 Olympic Winter Games. Between the morning and afternoon sessions, campers can river raft, hike, swim, rock climb, or tackle the ropes course. These unique and popular extra-curricular activities are not duplicated anywhere. These unique opportunities along with the systematic teaching of a technique in a small group setting by expert, helpful, and friendly staff creates an overall camp experience that is unparalleled.

What is the difference between your camp session? All of our camps are technique camps. Each camp is designed to improve the technical skills of each athlete. The intensive camps are geared for athletes looking improve on those foundational technical skills necessary to become a champion. All of our camps teach the foundational skills along with most current techniques used athletes at the NCAA Division I Level. These camps are designed to benefit the first year wrestlers to the more experienced wrestlers. Campers have found that every camp provided a considerable advancement in overall skill development.

Will there be different coaches and wrestlers at the sessions? YES...We are gathering some of the best coaches and wrestlers in the country to teach technique at our camps. Check out the web site www.wrestlingcamps.org for the latest information on who will be at each session.

What is the daily schedule? For a sample of the daily schedule you can take a look online in the Camp section. Each day campers will be required to attend two- three training sessions. An optional morning run is available along with an open wrestling session will be available after the evening session. At camp, a daily schedule will be posted in the hostel for review.

How do I contact the onsite camp office? Our year round phone number is (877)809-3232 and our e-mail is hawrestlingcamp@gmail.com. After July 8, 2011 our on-site camp office will be at P.O. Box 3125, Olympic Valley, CA 96146, Phone: 530.581.2785. Our office hours at camp will vary during the camp season. But if you leave a message will return your call shortly.

Do you have campers that stay for more than one camp? Each year many campers attend more than one camp. Due to this fact, the camp curriculum is varied from camp to camp to create a coherent technical learning program which is designed to accelerate an athlete's rate of improvement.

Where are the campers housed? Most athletes are housed in the Squaw Valley Ski Corp Hostel. Campers are supplied a bunk. You will need to bring a sleeping bag and pillow. The hostel holds over one hundred campers. Smaller rooms are used to house our younger campers. In the larger camp, the courtside apartments are used to accommodate the additional athletes.

Where do the athletes wrestle? The campers will wrestle each session outdoors under the big top tent at the world renown, Squaw Valley Ski Resort.

How can I request a roommate? When checking in at camp, tell the person assigning housing of your desire to be housed with a specific camper. Our staff will do everything possible to accommodate such requests.

What if I need to stay between camps? Due to the fact that many campers desire to stay for multiple consecutive camps, supervised housing is available at the camp for athletes staying from one camp to the next. The price for lodging, meals and supervision between camp dates is \$50 per day.

Do I have to wear a singlet at camp to practice? From time-to-time some campers have worn singlets, however the customary camp work out attire is shorts and a "t" shirt.

Will there be swimming at camp? One of our available afternoon activities is to take the cable car up the mountain and swim at the Squaw Valley High Camp. This activity is not provided as part of the camp registration fee, but can be purchased when signing up for activities during camp check-in.

What does my athlete need to bring to camp? Wrestling shoes, running shoes, lightweight sleeping bag, towels, shorts, practice t-shirts, soap, shampoo, shirts, swim trunks, athletic supporters, mouth protector, shorts, jeans, sweater, jacket, street/ kneepads and headgear. Tennis shoes/hiking boots, shampoo, insect repellent, and sun screen are recommended.

When can I visit my camper? – is there something special on the last day? We regularly have parents watch the daily training sessions. Parents are welcome to watch their athletes during the sessions. The last day of camp is when the camp staff reviews all of the technique that was covered during the course of the camp. After the review session, Coach Azevedo shares with the campers his unique personal wrestling experiences in an inspirational, humorous and spiritual presentation.

What happens if my child gets sick during camp? – or gets hurt right before? – do I get a refund? We desire that each camper has a memorable experience. Sometimes athletes experience a minor injury or illness during a camp session. Our trained camp staff does a great job of caring for each child's needs during these times. We encourage any sick/ill campers to visit our staff and inform them of their ailments. If your camper is hurt prior July 1, 2011, call the main camp number to request a refund, **minus the \$100 non-refundable deposit**. After July 1st, with medical verification, you can request a camp credit only.

What is your cancellation policy? A notice of cancellation must be received in writing prior to July 1, 2011 in order to receive a refund of registration fees, less the \$100 non-refundable deposit. No refunds will be given after this date, if the camp you are attending is full. Substitutions will be accepted with advance notice or camp credit may be issued with medical verification.

What kind of food should I expect? The food is prepared by the Squaw Valley Catering Company. Each meal is nutritionally well balanced, delicious and all you can eat.

How does my athlete get to and from your camps? Each camper is responsible for his transportation to and from the camp. Greyhound and Amtrak provide daily bus and train transportation service to the historic town of Truckee, California, located only 15 minutes from Squaw Valley USA. If you need to be picked up from the station, plan on arriving in Truckee by train or bus, no later than 11:00 am on registration day. **Please call 530.581.2785, at least 48 hours prior to arrival in Truckee to arrange for someone to pick-up your camper.** A nominal charge of \$10 (for pick up and drop off) will be required for this service.

Most major airlines fly into Reno, Nevada. **If notified within 48 hours, a camp counselor will pick up campers from the Reno Airport at a charge of \$20.00 per person.** If arriving by plane, make your reservation for arrival between 8:30 am and 10:30 am on opening day and departure reservations no earlier than 5:30 pm on closing day of camp. This will help us consolidate our transportation schedule. **You must make your reservations between the times that are listed if you want us to provide transportation.**

Is there a hotel that a parent can stay at near the camp? *There are several lodging options at the Squaw Valley Ski Resort; also, there are more economical options in nearby Tahoe City. Listed below are some names and phone numbers of hotels/ resorts that our camping families have recommended.* **Red Wolf Inn, Squaw Valley 877.477.7368 Plump Jack Squaw Valley Inn 530.583.1576 Village at Squaw Valley 866.818.6963 America's Best Value Inn, Tahoe City 866.538.6194 Lake of the Sky Motor Inn, Tahoe City 530.583.3305**

Registration/Payment Questions:

How do I register and pay? All registration will be online at www.wrestlingcamps.org on the registration page.

What does tuition include? The camp fee includes *lodging, excellent meals, instructional program, and camp "T" shirt.*

Do you have a Early Registration discount? If you register on-line by May 29, 2011, you will receive a \$25 discount on your 2009 camp fee. In the checkout section of registration the discount will be applied.

Do you offer other discounted rates? There is a \$25 discount for groups of ten or more when the applications are submitted and registered together. There is also a \$25 discount will be applied the 2nd camper from the same family. Only one discount can be applied to a single registration.

Only one discount is allowed. Do you offer financial aid? There is no financial aid available for campers, however, there are a limited amount of work scholarships available based upon financial need. These positions require a coach's recommendation and proof of financial need. These are on a camp need basis.

When do I pay for camp extra-curricular activities? All camp extra-curricular activities are paid for during the registration check-in process at camp. You can also sign-up and pay for activities after check-in, if there is room available.

Where do I find my confirmation materials after registering for camp? When you register online, a confirmation email with pre-camp information and release forms will immediately be sent electronically. It is important that the e-mail supplied be one that is checked often by an adult.

We will send a hard copy of the above information by USPS upon request. There will be a fee for this service.

When is my full balance due? The remaining balance for camp tuition is due prior to the start of your camp session.

Can I pay some of my fee every month or do I need to pay all at once? It is preferred that you pay the balance of your camp tuition in full. However, you can call the camp number to make alternative arrangements.

Supervision & Staff Questions

Staff-to-camper ratio? Each camp is limited to about 130 campers. Due to the large number of athletes on the mats each session, the campers are placed into groups, based on size and weight. Each group of 40 – 45 campers is lead by a senior staff member and 2 or 3 junior staff members. This reduces our effective student to coach/athlete ratio to about 10 athletes for each staff member.

Who are the directors and their experience? Head Coach, John Azevedo, has been conducting his popular and highly successful camps for over 20 years. John's background and experience as a coach at the collegiate, high school, and youth levels make coach Azevedo uniquely qualified to relate to and instruct athletes of all ages. Our Camp Director, Dennis Bardsley, has over 30 years of coaching experience at the high school level. Coach Bardsley's, organizational and people skills have allowed him to successfully direct several high school programs, USA Wrestling national teams, and organized and conducted large national wrestling events.

Does the teaching curriculum change from camp to camp? Each camp's curriculum has been designed to allow campers to attend multiple successive camps and still encounter a uniquely different camp experience. Thus in each camp there will be foundational skills taught along with skills that have proven to be very successful.

How are campers placed into groups? Athletes are weighed in during the camp check in process, then campers are placed into groups based upon size and weight. Younger, less experienced wrestlers should alert the camp staff to this fact when groups are selected. It is our goal to provide the most beneficial groupings to allow our campers to thrive and succeed.

How are male/female campers separated on the mat? Male and female athletes are not segregated during the wrestling sessions, however, female athletes are restricted from on campus housing but attend camp on a commuter basis.

Medical Questions

If you have medication that your athlete may need to be reminded to take, will someone be there to remind him/her? Our Camp Office staff is very accommodating in helping parents manage those campers that have special medication needs. It is important that you alert the Camp Office at check in of any special medical conditions so special arrangements can be made.