Wrestling Technique Camp at Brown University

This camp is designed to promote an atmosphere that will expose athletes of every level to wrestling techniques that have proven successful for beginner to advanced wrestlers. Throughout camp we will give each camper the opportunity to use this technique in a wrestling match and live competition situations. Campers will have the opportunity to learn and train alongside the Brown University coaching staff and team. Our camp staff has had success at every level from youth competition to the International level and we are sure that everyone will learn and grow during their time at camp.

Eligibility
Co-ed, ages 8 - 18 as of September 2016 (Residential campers must be at least 12 years old)

Check-In/Out
Check-In & Check Out will take place at Andrews Dining Hall located on the Pembroke Campus. See attached “Residential Drop-Off & Parking Map”.
- Check-in will run from 1 pm - 2 pm on Sunday, June 26, 2016.
- Check-out will run from 11:00 am – 12:00 pm on Wednesday, June 29, 2016.

Full Commuter Information

<table>
<thead>
<tr>
<th>Day</th>
<th>Arrive</th>
<th>Location</th>
<th>Depart</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 1</td>
<td>1-2pm</td>
<td>Andrews Dining Hall</td>
<td>8:30 pm</td>
<td>Pizzitola</td>
</tr>
<tr>
<td>Day 2</td>
<td>9:00 am</td>
<td>Pizzitola</td>
<td>8:30 pm</td>
<td>Pizzitola</td>
</tr>
<tr>
<td>Day 3</td>
<td>9:00 am</td>
<td>Pizzitola</td>
<td>8:30 pm</td>
<td>Pizzitola</td>
</tr>
<tr>
<td>Day 4</td>
<td>9:00 am</td>
<td>Pizzitola</td>
<td>11:00 am</td>
<td>Andrews Dining Hall</td>
</tr>
</tbody>
</table>

Day Camper Information

<table>
<thead>
<tr>
<th>Day</th>
<th>Arrive</th>
<th>Location</th>
<th>Depart</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 1</td>
<td>1-2pm</td>
<td>Andrews Dining Hall</td>
<td>4:00 pm</td>
<td>Pizzitola</td>
</tr>
<tr>
<td>Day 2</td>
<td>9:00 am</td>
<td>Pizzitola</td>
<td>3:30 pm</td>
<td>Pizzitola</td>
</tr>
<tr>
<td>Day 3</td>
<td>9:00 am</td>
<td>Pizzitola</td>
<td>3:30 pm</td>
<td>Pizzitola</td>
</tr>
<tr>
<td>Day 4</td>
<td>9:00 am</td>
<td>Pizzitola</td>
<td>11:00 am</td>
<td>Andrews Dining Hall</td>
</tr>
</tbody>
</table>

Early/Late Arrivals
While we strongly recommend arriving to check in during the designated timeframe, we understand things come up. If you are unable to arrive on campus during the above mentioned check-in times, please email sportscamps@brown.edu to arrange your arrival plans.
Brown Sports Camps
Residential Drop-off & Parking Map

**Check-In Location**
Check-in will take place at Andrews Dining Hall located on the Pembroke Campus (please use 95 Cushing Street Providence, RI. 02906) for GPS reference. For directions to Andrews Dining Hall please click [here](#). We encourage campers to find parking on one of the surrounding streets and follow the path provided on the map below to the dining hall.

**Note:** After typing address into your GPS double check to make sure the zip code is **02906**.

**Street Parking**
On street parking is available on the roads surrounding Andrews Dining Hall (Bowen Street, Meeting Street, Brown Street, Cushing Street). Walk down Cushing Street into the Pembroke Campus and Andrews Dining Hall is on the Left. If you choose to use street parking without meters, please pay attention to posted signage.

(Brown Sports Camps is not responsible for parking tickets received during camp.)
Wrestling Technique Camp at Brown University

Local Taxi Services

- Corporate Transportation (877) 231-2228
- Checker Cab (401) 944-2000
- Airport Express (401) 521-4200
- Providence is an Uber friendly city

The best place to have the taxi/Uber drop you off/pick you up is 95 Cushing Street Providence, RI. 02906. This will take the driver to the drop-off/pick-up area right next to the Andrews Dining Hall quad.

Meals

Meals are served in the Brown University dining hall prior to each session. We offer an “All you can Eat” buffet for breakfast, lunch and dinner for residents. Commuters will receive lunch and dinner throughout the camp.

Local Hotels

<table>
<thead>
<tr>
<th>Suggested Hotels for Parents/Guardians (Ask for Brown Athletic Rate)</th>
</tr>
</thead>
<tbody>
<tr>
<td>● Providence Biltmore (800-294-7709)</td>
</tr>
<tr>
<td>● Providence Courtyard by Marriott (401-272-1191)</td>
</tr>
<tr>
<td>● Wyndham Garden Providence (401-272-5577)</td>
</tr>
<tr>
<td>● Omni Providence Hotel (401-598-8000)</td>
</tr>
<tr>
<td>● Providence Marriott (401-272-2400)</td>
</tr>
<tr>
<td>● Hotel Providence (401-861-8000)</td>
</tr>
<tr>
<td>● Hampton Inn (401-608-3500)</td>
</tr>
<tr>
<td>● Saunders Inn at Brown (401-863-7500)</td>
</tr>
</tbody>
</table>

Housing

Please visit our Housing website for information about living in a residence hall, arriving to campus, and what to bring to campus. Please note that linens (Twin Extra-Long) and pillows are not provided for campers.
Wrestling Technique Camp
At Brown University

What to Bring

<table>
<thead>
<tr>
<th>Workout Gear</th>
<th>Wrestling Shoes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Headgear (optional)</td>
<td>Running Shoes</td>
</tr>
<tr>
<td>Knee-Pads (optional)</td>
<td>Mouthpiece (optional)</td>
</tr>
<tr>
<td>Casual Clothes (for downtime)</td>
<td>Towel, Swimsuit, Flip Flops (optional)</td>
</tr>
<tr>
<td>Sheets (Twin XL), Pillow</td>
<td>Fan (Residence halls are not air conditioned)</td>
</tr>
<tr>
<td>Spending money for snacks and camp gear</td>
<td></td>
</tr>
</tbody>
</table>

*T-Shirt included for all participants. Brown wrestling apparel will also be available to purchase throughout the camp.

Daily Schedule

(For all days except Registration and Check Out)

7:15 AM Wake-Up
7:30 - 8:30 AM Breakfast: All-You-Can-Eat
9:00 - 11:00 AM Technique Session
12:00 - 1:00 PM Lunch: All-You-Can-Eat
1:30-3:30 PM Technique Session
4:00-5:00 PM Pool & Free Time*
5:00-6:00 PM Dinner: All-You-Can-Eat
6:30 - 8:30 PM Technique & Competition Session
8:30 PM Commuter Pick Up at the Gym
9:00 - 10:00 PM Free Time and Camp Store Open: Pizza, Drinks, and Brown Wrestling Gear
11:00 PM Lights Out

*Pool times may vary throughout the camp
Brown University Summer Sports Camps

You will receive a personalized email outlining a checklist of items that need to be completed in order for you to attend the program. As you work through the steps it is recommended that campers and parents write down all usernames and passwords. Included in the checklist are forms completion and an online tutorial that reviews Brown’s values and policies.

Camp Forms

Forms will now be submitted electronically through DocuSign, an electronic signature provider, where you can digitally fill out and sign our required forms and waivers. Forms include sections for both students and parents to complete.

Required Forms

- Sports Camps Acceptance Form
  *(All Campers)*
- Medical Authorization Form
  *(All Campers)*
- Medical and Immunization History – Requires a medical provider’s signature
  *(Residential Campers Only)*

Additional Forms (if necessary)

- Disability, Medical, and Dietary Services Request Form
- Dietary Concerns Form

Health Insurance

Campers are required to have a US carrier for Health Insurance; more information about our Health Insurance policy can be found on our [website](#). If a camper does not have a US carrier for Health Insurance, a limited insurance policy can be purchased [here](#) for $19.
Refund Policy

48-hour Registration Grace Period: If you register for a camp in error and subsequently would like to cancel your registration, you must notify us via email at sportscamps@brown.edu within 48 hours from the time you registered. A full refund will be given provided written documentation is received within the 48 hour window.

Refunds are only permitted up to 30 days before the start of camp. For commuters and day camps a refund may be granted, less a $100 administrative fee. For residential camps a refund may be granted, less a $250 administrative fee.

After the 30-day window, only requests supported with proper medical documentation demonstrating illness or injury that prevents the camper from participating in camp will receive a refund minus the administrative fees. No refunds are provided for a camper that departs camp early for any reason including injuries sustained at camp.

All requests for refunds must be submitted in writing via email at sportscamps@brown.edu and must be received no later than seven (7) days after the completion of the sports camp. Any requests submitted more than 7 days after the camp will not be accepted and you will forfeit your camp fees.

Please note: Non-refundable payments for campers who withdraw may not be converted to a donation to the University.

Camp Transfers

Campers may transfer to a different sports camp within the same sport, coaching staff without penalty provided there is available space. All requests for transfers must be submitted in writing via email at sportscamps@brown.edu. The difference in fee must be paid by the camper, or if of less value, will be refunded.

A camper’s registration may not be transferred to a camp that is not currently listed on the Sports Camps website.

Questions regarding camp logistics can be directed to: sportscamps@brown.edu or 401-863-5988