



# **SUMMER CAMP 2022 WELCOME GUIDE**

**[www.topofthepodium.org](http://www.topofthepodium.org)**





March 31, 2022

Hello Campers,

Thank you for registering for summer camp at TOP OF THE PODIUM! We are excited you are joining us, and we will be working hard to create a superb camp experience.

Since we've moved out of our main facility in Sterling, our camps are held at different locations this summer, including schools and private facilities. We will communicate specific policies related to the venues through emails to registered campers.

Please review this document carefully as it provides important information and should answer many of your questions. If you need additional information, please feel free to call me at 703-509-3728 or email at [tomh@topofthepodium.org](mailto:tomh@topofthepodium.org).

Your camp fees support our 501c3 organization and youth wrestling in our area. So again, thank you very much!

See you this summer!

A handwritten signature in black ink that reads 'Tom'.

Tom Houck  
President

310 Glenn Drive Sterling, VA 20164



## **CAMP HOURS**

Hours and schedules are listed on each camp's web page. Unless otherwise noted, doors generally open 20 minutes before camp begins and remain open for 20 minutes afterwards. If hours are ever adjusted for a particular camp, participants will be notified in advance via email.

For all day camps, lunch typically occurs midday, usually between 11:30-1:00 pm. The exact time may vary depending on the activities taking place. Lunch is not provided, however campers are welcome to pack food and eat at the facility (see below).

## **ARRIVAL/DEPARTURE POLICY**

Parents/guardians are solely responsible for ensuring their campers arrive and depart safely from camp. Please ensure campers are picked up on time. Campers are never allowed to leave the facility without express permission from TOP personnel or unless accompanied by parent/guardian. If leaving for lunch or other reasons, the camper must sign out with an authorized adult (unless 16 years or older).

## **CONTACTING YOUR CAMPER**

TOP does not maintain a dedicated phone line, so reaching your camper via his/her cell phone is ideal. If this isn't possible (or in case of an emergency), call or text TOP's Tom Houck on his cell phone at 703-509-3728 or Rhonda Houck at 832-414-9018.

## **LUNCH, SNACKS, AND WATER**

All-day campers should pack a lunch. In addition, campers generally take a break in the middle of the morning and afternoon session. Campers may bring non-peanut snacks into the facility.

## **CAMP HYGIENE/CLOTHING**

Each camper is responsible for maintaining proper hygiene during camp. This is especially important in a wrestling facility and entails the following:

- Campers should wear clean athletic clothes at all times. This includes t-shirt/compression shirt, gym shorts, socks, wrestling shoes (if applicable), and sneakers if outside activities are planned. Street shoes and bare feet are not allowed on the wrestling mats. Headgear is optional for wrestling camps but always encouraged. Athletes with braces should wear mouth guards.
- All day campers should bring at least one or two extra shirts to change into each day. If preferred, individuals may also want to change socks and shorts. TOP does not offer shower facilities, but campers are encouraged to wash their hands, face and arms frequently.
- Individuals are highly encouraged to take showers with antimicrobial soap immediately after leaving the facility each day. TOP sells DEFENSE soap and wipes which are made specifically for wrestlers. Comparable products (e.g., Hibiclens) are available at most CVS, Target and Walgreens stores. We also sell DEFENSE wipes which are very popular for using immediately when practice concludes (especially if an athlete can't take a shower right away) or during the course of the day (e.g., after each session).



- TOP takes hygiene and safety extremely seriously. Wrestling mats are cleaned daily, and TOP personnel stress the importance of proper hygiene to the campers. If a camper notices a rash, possible skin infection, or other skin lesion during camp, he/she should immediately notify the camp director or an instructor. If a wrestler has a questionable rash/condition when arriving at camp, he/she should bring medical clearance, specifically the NFHS Skin Lesion Form (which can be found on the TOP web site). If doctors or camp personnel determine a camper should not participate due to a potential skin condition, we will encourage the camper to attend camp (but not participate), and a partial refund may be given.

### **MEDICAL CONDITIONS**

When signing in on the first day (as well as on the online registration forms), participants should make TOP personnel aware of any relevant medical conditions or allergies. In the event of a potential injury, TOP prefers to err on the side of caution and will urge (and often require) campers to sit out. In the event of medical emergencies, appropriate action will be taken, including calling medical authorities if necessary. Parents/guardians will be contacted as soon as possible in such instances.

### **WRESTLING MAT RULES**

Please be sure your camper is familiar with standard rules for activities on wrestling mats:

- Campers must wear socks or wrestling shoes on the mats at all times.
- No zippers, jewelry, sharp objects, buttons, belts or glitter are allowed on wrestling mats.
- Food and drink are not allowed on the mats.

### **INAPPROPRIATE BEHAVIOR**

Foul language, unsportsmanlike behavior, bullying, etc. will not be tolerated. Further, campers that continually disturb the group (or specific individuals) will be warned before being required to sit out of activities. When necessary, campers may be expelled due to misbehavior. In all such instances, attempts will be made to contact parents/guardians to keep them informed of the situation.

### **MISCELLANEOUS**

- Depending on the facility, parents are welcome to observe camp. Unless approval is obtained from an instructor, only staff members are allowed on the mats. If siblings accompany parents to a session, please keep them off the mats (and quiet during instruction).
- We encourage campers to have a notepad or tablet on hand to write down key points during breaks or immediately after sessions (see next bullet point on valuables).
- TOP is not responsible for your camper's personal possessions. If your camper has valuable property that must be locked, he/she can request that it be held by TOP personnel.



- The TOP Wrestling Store still exists and can be open to meet your needs during camps. If you need anything (e.g., shoes, headgear, DEFENSE soap), just let us know in advance so we can bring it along. Your purchases support our 501c3 nonprofit organization, so it's a great place to buy gear for camp and the upcoming season!
- For promotional purposes (e.g., brochures, social media), TOP may take photographs of camp activities. If you do not wish your child to be photographed, please let TOP personnel know. In general, we find kids love to see pics of themselves on our web sites ☺
- All campers are required to have active, USA Wrestling memberships. Visit [www.themat.com](http://www.themat.com) to acquire a Limited Folkstyle membership (only \$15) if the camper doesn't have one already.

### **REFUNDS**

A full refund less a \$20 administrative fee will be issued for cancellations received at least 30 days prior to camp. A full refund less a \$40 fee will be issued for cancellations received at least 14 days prior to camp.

For cancellations less than 14 days prior to camp, a 50% refund will be issued, less credit card fees. For cancellations less than 7 days prior to camp, refunds will not be issued except for instances of COVID (doctor documentation required). If provided, a full refund less a \$30 administrative fee will be charged. The only exception to this policy is if there is a waiting list and we can refill your camper's spot (we then only charge the administrative fee).

In general, refunds are not granted for injuries or other absences during camp. Any requests for refunds must be made within 10 calendar days from the conclusion of the camp session.

### **ANY QUESTIONS?**

Please contact:

Tom Houck

703-509-3728 (cell)

[tomh@topofthepodium.org](mailto:tomh@topofthepodium.org)

