Wrestling Technique Camp at Brown University

June 23 - 26, 2019 (Sunday - Wednesday)

**RESIDENTIAL CAMPER CHECK-IN/OUT** (Time & Location)

<table>
<thead>
<tr>
<th>Time</th>
<th>Date</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Check-In</td>
<td>1:00 – 2:00 pm</td>
<td>Andrews Dining Hall (95 Cushing Street Providence, RI 02906)</td>
</tr>
<tr>
<td>Check-Out</td>
<td>11:00 am</td>
<td>Residence Hall Assigned at Check-In</td>
</tr>
</tbody>
</table>

*We strongly encourage residential campers to arrive during the first half of check-in, as to provide ample time for registration and moving into the residence halls before the start of camp activities.*

**COMMUTER CAMPER DAILY CHECK-IN/OUT** (Times & Locations)

<table>
<thead>
<tr>
<th>Check-In Time</th>
<th>Check-In Location</th>
<th>Day Only Check-Out Time</th>
<th>Full Camp Check-Out Time</th>
<th>Check-Out Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 1 1:00 – 2:00 pm</td>
<td>Andrews Dining Hall (95 Cushing Street Providence, RI 02906)</td>
<td>4:00 pm</td>
<td>8:30 pm</td>
<td>Pizzitola Sports Center Wrestling Room (3rd Floor) (233 Hope Street, Providence, RI 02906)</td>
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<tr>
<td>Day 2-3 8:30 am</td>
<td>Pizzitola Sports Center Wrestling Room (3rd Floor) (233 Hope Street, Providence, RI 02906)</td>
<td>4:00 pm</td>
<td>8:30 pm</td>
<td>Pizzitola Sports Center Wrestling Room (3rd Floor) (233 Hope Street, Providence, RI 02906)</td>
</tr>
<tr>
<td>Day 4 8:30 am</td>
<td>Pizzitola Sports Center Wrestling Room (3rd Floor) (233 Hope Street, Providence, RI 02906)</td>
<td>11:00 am</td>
<td>11:00 am</td>
<td>Pizzitola Sports Center Wrestling Room (3rd Floor) (233 Hope Street, Providence, RI 02906)</td>
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</tbody>
</table>
WHAT TO EXPECT THE 1ST DAY OF CAMP

Check-In Location
The first step in the camp check-in process will take place at Andrews Dining Hall (95 Cushing Street Providence, RI 02906). For parking information, please see the map on the next page.

Camp Check-In
You will follow the “Brown Sports Camps” signs to Andrews Dining Hall where you will see a series of tables. You must check in at each table before you are able to participate in camp activities.

• **Table 1:** Check-in by giving the camper’s name. We will confirm that all of the required paperwork has been completed.
• **Table 2:** You will receive a dining card that will be used at all meals eaten at the dining hall.
• **Table 3:** *(Residential campers only)* Residential Life will provide you with your residence hall assignment, key, map, and instructions on how to get to the residence hall.
• **Table 4:** Coach’s Table

*After Commuter Campers have gone to all Camp Check-In tables, Please grab your workout gear and meet out front of Andrews Hall at 2:15 pm for camp introductions before heading over to the first session while Residential Campers are moving into residence halls*

Meals
Meals are served in a Brown University dining hall prior to each session. Please eat lunch on your own on the first day of camp, as lunch will not be provided after check-in.

• Commuter Day only campers will be provided lunch throughout camp.
• Full Commuter campers will be provided lunch and dinner throughout camp.
• Residential campers will be provided all meals.
CHECK-IN PARKING MAP

(Brown Sports Camps are not responsible for any ticket received while you are at camp. Please read carefully.)

Check-In Location
Andrews Dining Hall
(95 Cushing Street, Providence, RI 02906)

Paid Parking
(450 Brook St, Providence, RI 02906)

Street Parking
Can be found on surrounding streets such as:
- Bowen Street
- Meeting Street
- Brown Street
- Cushing Street

Please be mindful of all posted parking restrictions and regulations that apply to surrounding streets.

Lot 10 Unloading Zone
At the intersection of Cushing Street and Brown Street there is a small parking lot that will be available for loading and unloading vehicles. Please note that space is EXTREMELY limited, so we ask that you are only in this lot to unload your vehicle and you stay with your vehicle at all times.
Wrestling Technique Camp at Brown University

**SUMMER 2019**

**SHARPE REFECTORY**
- **OPEN SUNDAY - SATURDAY**
- **BREAKFAST:** 7:30 AM - 9:30 AM
- **LUNCH:** 11:00 AM - 2:30 PM
- **DINNER:** 4:30 PM - 7:30 PM

Open June 2 at 7:30 AM • Closes August 11 at 9:30 AM Holiday: Open for Brunch and Dinner on July 4

**VERNEY WOOLLEY**
- **OPEN MONDAY - FRIDAY**
- **BREAKFAST:** 7:30 AM - 9:30 AM
- **LUNCH:** 11:00 AM - 2:30 PM
- **OPEN SUNDAY - THURSDAY**
- **DINNER:** 4:30 PM - 7:30 PM

Open June 23 at 4:30 PM • Closes July 28 at 2:30 PM Holiday: Closed on July 4

**BLUE ROOM**
- Coffee bar with a daily selection of baked goods, soups, sandwiches, and grab-and-go items.
- **OPEN MONDAY-FRIDAY** starting May 28
  - **BREAKFAST/LUNCH:** 7:30 AM - 3:30 PM
- **OPEN SUNDAY** from June 16 to July 21
  - **BREAKFAST/LUNCH:** 8:00 AM - 2:30 PM

Holiday: Closed July 4

Get instant access to ingredient & nutritional content of menu offerings at the Sharpe Refectory & Verney-Woolley dining halls.
WHAT TO BRING

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*

<table>
<thead>
<tr>
<th>Workout Clothes</th>
<th>Wrestling Shoes</th>
<th>Casual Clothes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Headgear (optional)</td>
<td>Knee-pads (optional)</td>
<td>Mouthpiece (optional)</td>
</tr>
<tr>
<td>Towel</td>
<td>Swimsuit</td>
<td>Flip Flops (optional)</td>
</tr>
<tr>
<td>Spending Money</td>
<td>Sheets (Twin XL) [Residential Campers]</td>
<td>Pillow [Residential Campers]</td>
</tr>
<tr>
<td>Fan (Dorms do not have AC) [Residential Campers]</td>
<td>Toiletries [Residential Campers]</td>
<td></td>
</tr>
</tbody>
</table>

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

Laundry

There are laundry facilities in the basements of all residence halls. You will need to supply your own detergent, softener, and bleach. All washers and dryers operate using Bear Bucks. To pay for laundry services, you must purchase a Bear Bucks Guest Card for $1.00 at any ValuePort machine. Money may be added to Bear Bucks cards so that you may use laundry machines, vending machines, and printers in the public computing clusters. Each washer and dryer costs $1.25 per load. It is advised to only add money in small increments, as unused funds are not refundable. ValuePort III machines are conveniently located at the Rockefeller Library, Sciences Library, Sharpe Refectory lower level, Josiah's, Stephen Robert '62 Campus Center, Bookstore Lobby, Emery Woolley Hall, and at 222 Richmond Street.
CAMP SCHEDULE  (Subject to Change)

Each session lasts approximately two hours with the first part of the day devoted toward learning technique and ending with live wrestling competition at the end of the day. Live wrestling will be formatted in various ways throughout the camp to promote and solidify technique taught in the morning sessions. A mix of situational wrestling, takedown matches, top/bottom, and full wrestling matches will be utilized to test and sharpen campers learned skills.

9:00 - 11:00 AM • Technique Session I
1:30 - 3:30 PM • Technique Session II
4:00 PM • Day Only Campers check-out
6:30 - 8:30 PM • Technique & Live Wrestling Competition Session III

Pool & Free Time:
Campers will have the opportunity to play games, watch video, interact with other campers, and use the indoor pool inside the Nelson Fitness Center outside of the camp sessions. Free swim times and more information will be available at registration.
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 TRANSFER POLICY

Campers may transfer to a different sports camp within the same sport, coaching staff, within the same summer 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 Brown Summer Sports Camps website.