

## Frequently Asked Questions

**Q: Can my child bring a cell phone?**

A: Campers are allowed to bring their cell phones but they will only be permitted to use them to call home and communicate with parents during the scheduled time frames of breakfast, lunch and a short window prior to bedtime. Cell phones may be kept with camper's personal items between times of permitted use. Social media and streaming apps will not be accessed during camp. Violation of these rules will result in phones being stored in the coach's office or dismissal from camp.

**Q: Should I send food or snacks with my child?**

A: We are providing the essential meals and snacks but if you choose to send snacks or drinks with your kids, please make sure it is healthy and not messy. Pop is **not** allowed at camp.

**Q: Will my child need to bring money to camp?**

A: Wrestlers will have access to our Summit store and vending machine where apparel, drinks and other snacks can be purchased during freetime but this is completely optional. Summit staff will not be responsible for holding money or for money that is lost.

**Q: How will my child's daily medications be administered?**

A: If your wrestler has medications that need to be administered by staff, please follow these exact instructions: Bring only the number of required pills to camp in their labeled pill bottle. Place all pill bottles inside of a ziplock bag with clear directions for administration. Medicine will be locked in the coach's office. \*Inhalers will be kept matside on my coaching cart for easy access during technique sessions.

**Q: What should my child bring to camp?**

A: Please look over the packing list as it has all the items they need each day. Wrestlers should bring as few sentimental/personal items as possible. Wrestling gear and toiletries is pretty much all they need! The less each wrestler brings, the less chance there is that belongings are lost or broken, or accidentally go home with someone else.

**Q: Are parents allowed at camp?**

A: Parents are welcome and encouraged to attend the live wrestling session on the last day of camp from 3:30-5:00pm. The rest of camp is closed to participants and staff only. This is to ensure there are no distractions. Parents picking up commuters should only arrive during the designated pick up time unless arranged with staff.

**Q: What preventative measures will be taken to lessen the likelihood of skin infections?**

A: The wrestling mats are cleaned after each session and every wrestler is expected to shower during the designated times. They must also change into clean clothes following each session. Our showers are mostly communal, so be sure to pack a swimsuit for your wrestler if this is an issue.

