

## **NAVY WRESTLING CAMP RULES**

**2017**

To insure that we have a safe, productive, and enjoyable time, we want to bring some clinic rules to your attention. The following rules have proved essential for the welfare of all individuals involved.

### **CAMP RULES**

1. You will be assigned a room at check-in. There will be no changing of rooms once assigned with-out directors approval. This is for accountability. (Zero Tolerance)
2. Turn all car keys in to camp staff at check in. No driving during the clinic.
3. Smoking, gambling, fighting, bullying, swearing, alcohol and any other controlled substances are forbidden.
4. Weapons of any kind are forbidden.
5. No swimming in the bay. Pool times are posted and a certified staff life guard must be present before entering the pool.
6. Personal items should be locked up or stored in the clinic bank
7. Do not bring valuables to camp. Navy Clinic will not be responsible for lost or stolen articles.
8. Medical conditions must be disclosed to trainer on the first day of camp. (Physical or Mental see medical discloser in registration packet.)
9. Do not leave trash around the facilities at any time. Trash bags will be provided and collected nightly. Do not overflow small trashcans. Trash should be set in hall adjacent to your door nightly.
10. You must attend all clinic sessions and meals (See Schedule) unless excused by the trainer or clinic director. Those who are late for meals may be denied seating.
11. Shoes, shirts, and shorts are to be worn at all times. Tank top shirts and ball caps are not proper attire for the dining hall.
12. Clothing and towels may not be placed in front of windows at any time.
13. Treat facilities with respect. You will be held responsible for all damages. Turn in your room damage report form before bed check on the 1<sup>st</sup> night of camp. (See Registration Material)
14. Campers are allowed in four buildings each will be identified during your campus tour on the first day of camp. (No exceptions)
15. All rooms require name tags on the door, these must remain on door at all times.
16. Your camp counselor may check out equipment during recreation periods but must be return before the next session. Turn in all equipment when you are done using it.
17. Stay between Lejeune Hall and your wing of Bancroft Hall.
18. Behavior in the dorm – no rough housing in the dorm area. Area is for resting and changing clothes. Watch your language. Let's not develop a new vocabulary.
19. Be respectful of all Naval Academy Staff on the yard: officers, midshipmen, enlisted personnel, and civilian staff.
20. Attendance will be taken before all sessions. Report for roll call attendance 10 minutes prior each session. (This includes meals)
21. No one is permitted to leave meals until staff dismisses you.
22. You are not allowed to visit other floors or areas of Bancroft Hall not assigned to wrestling camp. If you are found on another floor or wing you will be sent home from camp immediately.
23. You are not permitted to enter other camper's rooms without their permission.

24. Do not crowd up in front of the Mess Hall doors. There will be plenty of food and chairs. Tables must be full before sitting down.
25. Elevators in Dorm are not for use by summer camp participants.
26. Be courteous to the people serving the food. Fill up tables before being seated. No one takes a seat until the table is full!
27. Videotapes will be shown in the wrestling room. Videos will include instructional films during the day and appropriate entertainment videos in the evening.
23. Food in room must be eaten or thrown away, no storing open food in your rooms. Closed containers are acceptable.
28. Violation of these rules may result in immediate dismissal from camp.
29. No chairs with wheels in the hallway.
30. Do not prop an external security door open
31. You are not permitted to film or take pictures of any camper or camp staff without the consent of the camp staff, parents, and people involved.
32. We hope you have a positive attitude, an open mind to learn, are willing to work hard, and have **FUN at the Navy Wrestling Camp.**

