

# HIGH IMPACT CRADLE & GRANBY WRESTLING CAMP

JULY 8 – 11, 2013

HOST: STEILACOOM HIGH SCHOOL, STEILACOOM, WA

Cost: \$85

## Featured Clinicians:

### **Chris Bono**

Head Coach, South Dakota State University  
Former Head Coach, Uni v Tennessee-Chattanooga  
Former Asst Coach, Iowa State University  
2X All-American  
3X World Team Member ('01, '03, '05)  
2X US Open Champion ('03, '05)

### **Victor Carazo**

Asst. Coach, Grand Canyon University  
2012 NCAA Div II National Champion  
3X All-American

### **L.C. Cain**

Asst. Coach, Grand Canyon University  
2X ACC Champion  
University Nationals Freestyle Silver Medalist  
**Former Lead Clinician Granby System Wrestling**  
5X US Air Force Freestyle Champion  
Armed Forces Championships Freestyle Bronze Medalist

**Camp Registration:** Mail the registration form as soon as possible to guarantee your place in this outstanding opportunity. The \$85 non-refundable fee is due by June 23<sup>rd</sup>, 2013; although you may still register online. Coaches with 5 wrestlers attend free. A second coach may also attend free with 10 wrestlers. **Only money orders** will be accepted by mail. **No personal checks. Proof of insurance is required upon final registration or you will not be allowed into the camp.**

Visit our website and register online at: [www.5pointfinishes.com](http://www.5pointfinishes.com)

## REGISTRATION DEADLINES

Early (Until June 23rd): \$85      Late (Until June 30<sup>th</sup>): \$100      On-Site on July 8<sup>th</sup> is: \$115

Please note that if you register online you still **MUST** fill out the registration form or print the online waiver and sign it. Camper **MUST** still bring proof of insurance and required forms to registration.

### **Contact Info:**

L.C. Cain

[lwcajn\\_jr@hotmail.com](mailto:lwcajn_jr@hotmail.com)

(602) 621 – 9594

OR

Coach Tom Johnston

[stick6fall@comcast.net](mailto:stick6fall@comcast.net)

(253) 983 – 2320

**Check-in/Weigh-Ins Date and Time and place: July 8, 2013, 8am – 9am  
Steilacoom High School, 54 Sentinel Dr Steilacoom, WA 98388S**

Learn our  
**TOPWORK  
SERIES**  
and become a  
**PINNING  
SENSATION**

**TOPWORK**

- Cradles
- Turk
- Pressure Rides
- Bar Tilts
- Tight Pins
- And More

We'll show you  
how to  
**TAKEDOWN  
ANYBODY**  
at **ANYTIME**

**TAKEDOWNS**

- Inside Step
- Sweep Single
- High Crotch
- Front Headlock
- Set-ups & Finishes
- And More

Reverse every  
opponent with our  
**UNSTOPPABLE  
BOTTOM  
WORK**

**BOTTOMWORK**

- Granby
- Shrug
- 5-Point Rolls
- Standing Granby
- Granby Motion Series
- And More

**STEILACOOM, WA CAMP**

**July 8-11, 2013**

☐\$85 Camp Fee

☐\$25 Coach Fee (Bring 5 wrestlers, \$0)

**SCHEDULE:**

**Monday, July 8**

8:00-9:00 Registration

9:00-11:00 Session 1

11:00-12:30 Breakout Sessions

12:30-1:30 Lunch

1:30-3:00 Session 2

3:00-5:00 Duals or Individual

**Tuesday, July 9**

9:00-11:00 Session 1

11:00-12:30 Breakout Sessions

12:30-1:30 Lunch

1:30-3:00 Session 2

3:00-5:00 Duals or Individual

**Wednesday, July 10**

9:00-11:00 Session 1

11:00-12:30 Breakout Sessions

12:30-1:30 Lunch

1:30-3:00 Session 2

3:00-5:00 Standing Duals or Individual

**Thursday, July 11**

9:00-10:00 Review

10:00-11:00 Review

11:00-12:00 Standing Granby Competition

12:30 End of Camp

**OUR COMMITMENT TO SUCCESS**

- Designed so that wrestlers of all skill levels can improve maximum under the guidance of an outstanding staff.
- **All camps stress technique, competition, training**, and all areas of championship wrestling are covered.
- The pursuit of excellence at all times, sportsmanship, and positive mental attitude are emphasized in all camps.
- Drilling and live wrestling are a large part of each camp

# High Impact Cradle & Granby Camp Registration Form

This registration form must be returned with FULL registration fee prior to receiving your confirmation letter. Make Money Order Payable to: Lawrence W. Cain. Send to: 16220 N. 7<sup>th</sup> St, Unit 1372 Phoenix, AZ 85022. Attn: L.C. Cain

Name of Parent: \_\_\_\_\_

Name of Camper: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email Address of Camper: \_\_\_\_\_

Email Address of Parent: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

School: \_\_\_\_\_ Age \_\_\_\_\_

Grade: \_\_\_\_\_ Years of Wrestling Experience: \_\_\_\_\_

T-Shirt Size: Sm M L XL XXL

Medical Insurance Company: \_\_\_\_\_

Medical Insurance Policy # \_\_\_\_\_

Please attach a copy of your medical insurance card.

Please list any pre-existing medical conditions including allergies and medications the camper will be taking during the camp.

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I agree to allow my child to be treated by a licensed physician or registered nurse at the camp or licensed facility, if need be while attending the High Impact Cradle & Granby Wrestling Camp if necessary and to assume all costs related to such treatment. I understand that there is no refund on the registration fee if we (parent or child) should cancel the application at any time. I have read and agree to the terms associated with the camp flyer and information sheets. I hereby waive my right to any and all chargebacks against the High Impact Cradle & Granby Camp as outlined in the agreement. I understand that the camper attending the High Impact Cradle & Granby Camp using any camp facilities, does so at his/her own risk. The host school district, its athletic department and staff are not liable for any damages arising from personal injury sustained by the camper during the camp session and so I hereby fully and forever exonerate and discharge the school district, staff, Steilacoom High School, employees and other agents from any and all claims, demands, damages, right of action or causes of action, present or future, whether the same be known, anticipated or unanticipated, resulting from or arising out of the camper's participation in the camp session and in the use of facilities.

**I have read and understand the medical and liability release and I will be responsible for any medical or other charges in connection with my child's attendance at the High Impact Cradle & Granby Camp.**

Parent or Legal Guardian Signature: \_\_\_\_\_

## **Directions to Steilacoom High School**

Steilacoom High School is located in beautiful Southwestern Pierce County Washington at 54 Sentinel Drive, Steilacoom, WA 98388.

**Coming Southbound on Interstate-5 from Seattle, WA** take the Gravelly Lake Drive exit (exit 124) and turn right at the off ramp traffic light onto Gravelly Lake Drive, move into left lane as soon as possible and continue on Gravelly Lake Drive for approximately 3.5 miles until you reach Washington Boulevard SW (second traffic light), turn left onto Washington Boulevard SW, continue on Washington Boulevard SW for approximately 3-miles and as it bears to the right it will change into Military Road SW. Continue on Military Road SW for approximately 1-mile until you come to 112<sup>th</sup> St SW traffic light and turn right, then immediately turn left onto Farwest Drive SW. Continue on Farwest Drive SW for approximately 2-miles; you will pass Lakes High School on your left and Pierce Community College on your right, continue straight down the hill until the next traffic light which will be the intersection of Farwest Drive SW and Steilacoom Boulevard. Continue forward through the traffic light, Farwest Drive SW now turns into Sentinel Drive, drive approximately a ¼ mile and Steilacoom High School will be on your left and Western State Hospital will be on your right. Follow Sentinel Drive all the way around to the back side of the High School facing the football field to the main parking lot.

**Coming Northbound on Interstate-5 from Portland, OR** take the Gravelly Lake Drive exit (exit 124) and turn left at the off ramp traffic light onto Gravelly Lake Drive, stay in or move into the left lane as soon as possible and continue on Gravelly Lake Drive for approximately 3.5 miles until you reach Washington Boulevard SW (second traffic light), turn left onto Washington Boulevard SW, continue on Washington Boulevard SW for approximately 3-miles and as it bears to the right it will change into Military Road SW. Continue on Military Road SW for approximately 1-mile until you come to 112th St SW traffic light and turn right, then immediately turn left onto Farwest Drive SW. Continue on Farwest Drive SW for approximately 2-miles; you will pass Lakes High School on your left and Pierce Community College on your right, continue straight down the hill until the next traffic light which will be the intersection of Farwest Drive SW and Steilacoom Boulevard. Continue forward through the traffic light, Farwest Drive SW now turns into Sentinel Drive, drive approximately a ¼ mile and Steilacoom High School will be on your left and Western State Hospital will be on your right. Follow Sentinel Drive all the way around to the back side of the High School facing the football field to the main parking lot.

**Please follow Camp Facilities, Parking and Gymnasium Entrance instruction listed below.**

Locker-rooms with showers will be available but campers will be responsible for providing their own toiletries and towel and are also responsible for securing any personal items brought into the facility. Parking is available in the main parking lot, which is located around the back of the school and faces the football field. To get to the main gymnasium entrance go down the stairs that lead towards the football field and then follow the sidewalk to the left, the main doors will be located on your left as you walk up (see picture below). The only entrance that will be open to campers will be the main gymnasium doors, so to avoid walking all the way around the school **DO NOT PARK** in the school front parking area or drop your camper off at the front school entrance area.

# Steilacoom High School



**Stairs Down to Gym**

**Main Parking Lot**

**Team Bus &  
Additional  
Parking Lot**

**Main Gym Entrance**