

Black & Orange Wrestling Camp

Presented By Central Kitsap High School Wrestling

June 23rd, 24th, 25th, & 26th 2014
Central Kitsap High School
Main Gym

Sessions: June 23rd, 24th, 25th; sessions will be 9am - 11am, 1pm - 3pm, & 4pm - 6pm. June 26th will have 2 sessions starting at 9am-11am and 1pm-3pm

Clinicians:

Monday-June 23rd: John Trenge

Tuesday-June 24th: Justin Abdou

Wednesday-June 25th: Dan Russell

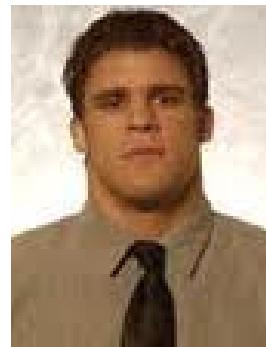
Thursday-June 26th: Mike Harter

This is a technique based camp. Camp will be limited to the first 150 participants in grades 7-12, (6th graders will be considered on an individual basis). All participants will receive a camp T-shirt if registered by June 1st. Coaches with participants at camp may attend for free. 22 Continuing Education hours are available for coaches (through my247ed.com) (these hours apply to the teachers' pay scale). **Meals will not be provided.** Please plan to bring your own lunch and snack. There is fast food within walking distance of the school. A snack bar with sports drinks, energy/power bars, and candy will be available. Showers will be provided, but towels will not be provided. Water will be available on site. Basic First Aid materials will be on site, however; tape will not be available. If you need to have ankles, wrists, or fingers taped, please bring tape with you.



Mike Harter– Camp Director/Clinician
Head Coach Central Kitsap High School
mikeha@cksd.wednet.edu
253 255 3662

Clinicians



Jon Trenge
3X All-American
Lehigh University



Justin Abdou
4X NAIA National Champion, Olympian
Assistant Coach @ Simon Fraser University



Dan Russell
4X NCAA National Champion
US Olympic Coach

Camp Registration 2014

Name _____

Age _____ Male _____ Female _____

E-mail _____

Phone _____

Address _____

City _____

State _____ Zip _____

School _____

Insurance Company _____

Policy Number _____

In consideration of the acceptance of this application, I intend to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages which I may have against Black and Orange Wrestling Camp, its staff, Central Kitsap High School and the Central Kitsap School District or its representatives and/or assignees, for any and all damages which may be sustained and suffered by me or my child in connection with his/her association with any portion of this clinic, and which may arise out of traveling to or returning from the clinic. I know of no medical or physical problems which may affect my child's ability to safely participate in this clinic. I authorize the directors and staff to act in their best judgment in any emergency requiring medical attention. I have reviewed and understand the Concussion Information Acknowledgment Document. Parents and guardians accept these provisions by their consenting signature.

Parent/Guardian Signature _____

Athlete Signature _____

T-Shirt size: Youth- S _____ M _____ L _____

Adult - S _____ M _____ L _____ XL _____

Mail Payments to:

Mike Harter/B & O Wrestling Camp

1135 Hillandale Dr E

Port Orchard, WA 98366

Camp Fee: \$125 if paid by May 20th, \$150 after May 20th.

Checks to: Black and Orange Wrestling Camp
Central Kitsap High School

**Central Kitsap School District
Concussion Information Acknowledgment
Document
Adapted from the CDC and the 3rd
International Conference on Concussion in
Sport
Document created 6/15/2009**

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a "ding" or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- Headaches
- "Pressure in head"
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- "Don't feel right"

- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems
(Forgetting game plays)
- Repeating the same question/comment

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays in-coordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

What can happen if my child keeps on playing with a concussion or returns to soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately.

Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal

consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The "Zackery Lystedt Law" in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years: "a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time" and "...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider".

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:
<http://www.cdc.gov/ConcussionInYouthSports>

Camping and Hotel Information

Hotels:

Silverdale Beach Hotel -\$125.00 a night - <http://www.silverdalebeachhotel.com/> (360) 698-1000

Oxford Suites (Silverdale) -\$149.00 - <http://www.oxfordsuitessilverdale.com/> (360) 698-9550

Oxford Inn (Silverdale) 1 queen \$95.00, 2 Queen \$99.00- <http://www.oxfordinnsilverdale.com/> (360) 692-7777 – Good Breakfast- 3 minute walk to CKHS

Midway Inn (East Bremerton) – 1 Queen \$65, 2 queens \$70 - <http://www.midway-inn.com/> (360) 479-2909 – Breakfast Included – it's about a 13 min drive to the HS.

*All of the Silverdale Hotels said they would reduce the rate for group reservations.

Camping:

Illahee State Park Campground- Information at: alltrails.com/trail/us/washington/illahee-preserve

This campground is about 20 minutes from the HS and is in a great park with great views of the Water and Bainbridge Island. Contact the Park for reservation information 360 478 6460. RV sites-2 full hook up sites- \$32-37 per night, 21 Tent/Dry Sites- \$23-26 per night (Based upon the view at the site). These tent sites fluctuate in size so it is not possible to say how many tents will fit on a particular site. First come, first serve, no reservations.

Alternative camping: I have a ½ acre back yard. It can take between 15 and 20 tents. Cost will be divided up by the number of campers to pay for a porta-potty. I do live near a wetlands area and there are mosquitos. I have room out front for 1 to 2 RV's and one other in the side yard. This camping will be reservation only and will require a small pre-payment so that I can have the porta-potty(s) on site the day before camp starts. 253 255 3662 Mike Harter