

Name _____

Street Address _____

City _____ Zip _____

Current School _____

2013-2014 Grade _____ Age _____

Home Phone _____

Emergency Contact Person _____

Phone _____

E-Mail _____

Medical Insurance Co. _____

Policy # _____

T-shirt Size (circle one) sm med lg xl xxl xxxl

T-Shirt guaranteed those that have registered before June 13th.

Release Statement

I give permission for my child to participate in the Session Three Wrestling Camp June 23-26, 2014. I understand that injuries do occur in all athletic endeavors. I know of no medical ailments, which might affect his safety and participation in this camp. In the event my child requires medical care, I authorize the staff of the Session Three Wrestling Camp to obtain for him whatever medical treatment the staff deems appropriate and necessary.

Parent/Guardian Signature _____

Date _____

The Snohomish School District has agreed that this information can be distributed through its schools. The district does not, however, assume sponsorship of or responsibility for, the actual content of any of the activities offered.

Concussion Information

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
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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 incoordination 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
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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 new "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 its 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/>

I have read and acknowledge the risk of injury and concussion from participation in sports such as wrestling:

Parent Signature: _____ Date: _____

Sponsored by:
PWPC

*Climb to the top of
the mountain so that
you can see the
world, not so that
the world will see
you!*

Session Three Wrestling Camp



Date: June 23 - 26
2014

Held at
Snohomish High School

9:30 AM - 3:30 PM

Camp Clinicians/Counselors

Jon Trengse - 2x NCAA Finalist (Lehigh), Veritas, 2x State Champ (Penn), Nations #1 Recruit in 1999, Asst Coach Parkland HS (Penn)

Tyson Springer - Head Coach Doane College, WA State & NAIA Champion

Clete Hanson - Asst Coach SFU, 2x All American Simon Fraser Univ

Brandon Johnson - 2013 State Champ, currently ranked #8 @ 285, Clackamas CC

Jeremy Golding - 3x WA State Champion (Mead HS), NJCAA All American 2013 (North Idaho), Currently ranked #1 @ 149 lbs

Stefan St. Marie - Former BSU Wrestler & WA State Champ, current Meridian HS Wrestling Coach

Tyler McLean - 2013 State Champ, North Idaho CC, currently ranked #12 @ 165 lbs

Rob Zabel - Snohomish HS Head Coach

VJ Guilio - 4x Idaho St Champ, NJCAA All American 2013, currently ranked #1 @ 197 lbs.

Troy Walker - 5x Freestyle & Greco St Champ

Many graduated wrestlers of WESCO from multiple schools have stopped in to wrestle and teach as well.

ALL CLINICIANS ARE TENTATIVE

In addition more clinicians have been contacted and we are awaiting confirmation of their availability.

Schedule

9:30 - Morning Technique Session
11:30 - Lunch
12:00 - Afternoon Technique Session
1:45 - Duals
3:30 - Coach's Message

What You Will Need

- Wrestling Shoes
- Workout Gear (bring extra shirts with **NAME** displayed on back, to change between sessions)
- **A lunch every day!!**
- Soap and towel in order to shower
- Head gear (if you choose)
- A DESIRE to improve!!

Where

Camp will be held at Snohomish High School in the Gilbertson Sports and Fitness Building located in the center of campus.
1315 5th St
Snohomish WA 98290

Cost

\$150 Make Checks Payable to
Panther Wrestling Parents Club

Teams

Teams with 8 or more wrestlers attending will receive a \$25 discount per wrestler.

Who

Middle School & High School wrestlers who are looking to improve their wrestling ability and be challenged to grow as athletes in a positive atmosphere. Experienced grade school wrestlers are encouraged to contact camp director about availability.

Duals

We will have team duals or tournaments at the end of each day of camp. These are opportunities to apply the techniques learned and reinforce key points of instruction. Campers should leave with having roughly ten live matches (1/3 of a high school season's worth).

Camping Option

This year Session Three will have overnight camping available within five minutes of the high school. **Contact camp director for details and to reserve space.**

Our Goal:

In order to prepare wrestlers for competition and life we must continually challenge them to grow as athletes and as people. Our group of clinicians are dedicated to providing instruction of winning techniques from all three primary positions. We believe that there are no "secret moves" and that position and solid technique is what wins wrestling matches at all levels!

In addition, our clinicians will share with campers strategies in life that have made them successful. It is our belief that it is these strategies, coupled with sound fundamental wrestling, are what is needed to thrive and excel in **session three**.

These men are here at camp because of their character and ability to work with young people. Come ready to work with champions, like a champion and with a championship attitude.

Rob Zabel - Camp Director

Panther Wrestling Parents Club
PO Box 533
Snohomish, WA 98291

Email: rob.zabel@live.com