

2012 WARRIORS WRESTLING **SUMMER TECHNIQUE COMMUTER CAMP**

**July 23rd – July 27th, 2012, Steilacoom High School
Steilacoom, WA**

FEATURING HEAD CLINICIAN

Scott Norton

Highline Community College Head Wrestling Coach
NCAA D-1 All-American – 3X Pac-10 Champion

also featuring

Lucas Huyber

2012 NJCAA All-American – Highline Community College
2011 WIAA 3A State Champion

Additional clinicians to be announced in the near future.....

COST: \$125.00/Camper

**(Portions of camp proceeds go directly to the Highline CC Wrestling Program
and the 2013 WA State Senior All-Star ORCA Duals Team)**

At this great price Campers are guaranteed!

- Eight 3-hour training sessions.
- Opportunity to learn from the Coach Norton and his outstanding staff of clinicians.
- Training with and competing against the area's best youth wrestlers.
- The knowledge that a portion of your camp fee makes you a key contributor and supporter of Highline CC Wrestling and the 2013 WA State Senior All-Star ORCA Duals Team.
- Lunch meals on full training days (3).
- Warriors Camp T-shirt.

PRE-REGISTER NOW: **Space is limited to the First 100 Male and or Female Wrestlers, ages 9 – 18 (Grades 5 – 12)** who are serious about getting to the next level. If you want to be the best, you have to train with the best. To pre-register and secure a spot, complete the camp registration, emergency contact and medical release forms, scan them (pdf format) and then email them to Camp Director Tom Johnston at stick6fall@comcast.net – Once the completed camp registration, emergency contact and medical release forms have been received and accepted, a confirmation email will be sent to your registered email address securing the camp slot. Check in and final registration will be conducted on the first day of camp (see attached camp schedule). All checks should be made out to Steilacoom High School or SHS and please enter wrestling team in the check memo line. If you have any questions or concerns please contact Coach Johnston at stick6fall@comcast.net or at (540) 538-1100.

**THERE WILL COME A TIME WHEN WINTER WILL ASK WHAT YOU WERE DOING ALL SUMMER
- HENRY CLAY -**

2012 Warriors Wrestling Summer Technique Commuter Camp Registration and Emergency Contact Form

Camp Registration and Emergency Contact(s) Information

Participants Name: _____ Date of Birth: _____ Age: ____ Grade: ____ Sex: ____

School/Wrestling Club: _____ Approximate Wt _____ Yrs. Exp. _____

Parent(s)/Guardian(s) Name: _____ Relationship: _____

Address: _____
Street City State Zip Code

Parent(s)/Guardian(s) Phone Contact Information

Home Phone: _____ Cell Phone: _____ Work Phone: _____

Most of camp communication with our customers is done by email, so please provide a reliable email address(s) below that is monitored on a regular basis:

Email Address 1: _____ Email Address 2: _____

T-Shirt Size (circle one):

Youth Small Youth Medium Youth Large Adult Small Adult Medium Adult Large Adult XL Adult XXL

In case of an emergency and I/We cannot be contacted, the 2012 Warriors Wrestling Summer Technique Commuter Camp Staff has my/our permission to contact the following individual(s):

Name: _____ Relationship: _____

Home Phone: _____ Cell Phone: _____ Work Phone: _____

Name: _____ Relationship: _____

Home Phone: _____ Cell Phone: _____ Work Phone: _____

By signing below, I/We certify that I/We have read the above 2012 Warriors Wrestling Summer Technique Commuter Camp Registration and Emergency Contact Form and understand its content, and agree to its terms and that if I/We (parent or child) have pre-registered and failed to cancel within 24 hours of the camp start time, we would still be liable for the camp fee.

Athlete's Printed Name/Signature Date

Parent's/Guardian's Printed Name

Parent's/Guardian's Signature Date

**“IF YOU ALWAYS DO WHAT YOU ALWAYS DID,
YOU’LL ALWAYS GET WHAT YOU ALWAYS GOT”**

2012 Warriors Wrestling Summer Technique Commuter Camp Medical Release Form

Each camper is responsible for their own medical insurance. **NO ONE** will be admitted to the camp without a signed medical release that includes a medical policy number.

I/We am/are aware that wrestling is a HIGH-RISK SPORT and that it can be a dangerous and unpredictable activity involving MANY RISKS OF INJURY. I/We understand that the dangers and risks of wrestling include, but are not limited to, transmittable disease and disorders, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, blindness, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the muscular skeletal system, and serious injury or impairment to other aspects of my body, general health and well-being. I/We understand that the dangers and risks of practicing or competing in wrestling may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities and generally to enjoy life. Because of the dangers of wrestling, I/We recognize the importance of following coaches/clinicians' instructions regarding techniques, training and other team/camp rules, etc., and to agree to obey such instructions. I/We have read the above warning and release and understand its terms.

I/We understand that wrestling is a HIGH-RISK SPORT involving many RISKS OF INJURY, including but not limited to those risks outlined above. I/We agree to allow my/our child, in case of injury be treated by a licensed physician, registered nurse and or certified athletic trainer at the camp and or licensed medical facility and to assume all costs related to such treatment. I/We hereby waive my/our right to any and all charge backs against the Steilacoom Historical School District, the staff of the school district, the student organization of the school district, or any member of the 2012 Warriors Wrestling Summer Technique Commuter Camp Staff and furthermore agree to resolve any and all disputes that may arise over all matters directly with the 2012 Warriors Wrestling Summer Technique Commuter Camp.

I/We understand that the camper attending the 2012 Warriors Wrestling Summer Technique Commuter Camp, using any camp facilities does so at his or her own risk. I/We agree that neither the Steilacoom Historical School District, nor the staff of the school district, nor the student organization of the school district, nor any member of the 2012 Warriors Wrestling Summer Technique Commuter Camp Staff shall in any way be held liable for any accident or injury in anyway received on account of or while engaged in any athletic activity sponsored by the Steilacoom Historical School District or the 2012 Warriors Wrestling Summer Technique Commuter Camp Staff. I/We further agree that neither the district nor any of their staff nor student organizations nor the 2012 Warriors Wrestling Summer Technique Commuter Camp Staff shall be responsible for the payment of any bills rendered for medical services as a result of such accidents or injuries. I/We also acknowledge that it is our responsibility to provide for any medical, disability or other insurance to mitigate any costs that may be unfortunately incurred as a result of participation in this activity.

The Steilacoom Historical School District, it's athletic department, staff and 2012 Warriors Wrestling Summer Technique Commuter Camp Staff are not liable for any damages arising from personal injury sustained by the camper during the camp session and so I/we hereby fully and forever exonerate and discharge the Steilacoom Historical School District or the 2012 Warriors Wrestling Summer Technique Commuter Camp Staff, owners, employees and other agents from any and all claims, demands, damages, rights 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 the facilities.

Please list any medical or dietary issues or concerns that you may have in regards to your registered athlete that the 2012 Warriors Wrestling Summer Technique Commuter Camp Staff may need to be aware of and or specific guidance in supporting your wrestler:

By signing below, I/We certify that I/We have read the above 2012 Warriors Wrestling Summer Technique Commuter Camp Medical Release Form, understand its content, and agree to its terms.

Athlete's Printed Name/Signature

Date

Parent's/Guardian's Printed Name

Parent's/Guardian's Signature

Date

Medical Emergency Preferred Hospital/Medical Facility: _____

Medical Insurance Provider and Insurance Policy #: _____

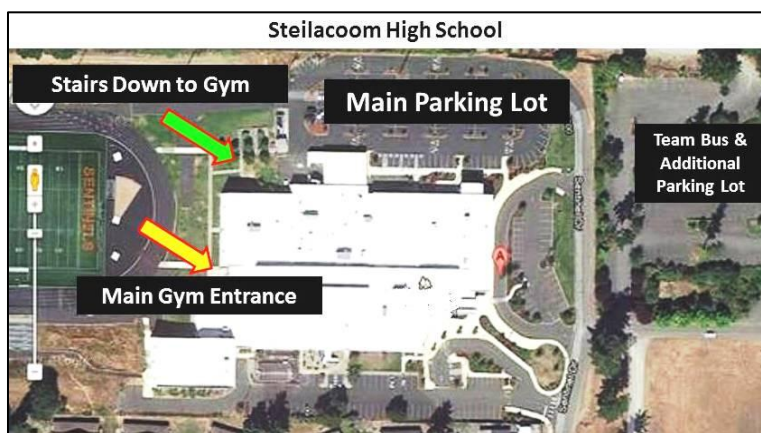
“THERE ARE NO LOSERS IN WRESTLING, JUST WINNERS AND LEARNERS”

2012 Warriors Wrestling Summer Technique Commuter Camp Information

Camp Registration: CAMP SPACE IS LIMITED with only 100 slots available for male and or female wrestlers 9-18 years old (5th – 12th Grade) which will not allow us to guarantee walk up registrations. To secure your wrestlers camp slot we highly recommend that you **pre-register** by completing the camp registration, emergency contact and medical release forms (see attachments), scan them (pdf format) and then email them to Camp Director Tom Johnston at stick6fall@comcast.net. Once the completed camp registration, emergency contact and medical release forms have been received and accepted, a confirmation email will be sent to your registered email address securing the camp slot. Check in and final registration will be conducted on the first day of camp. All checks should be made out to Steilacoom High School or SHS and please enter wrestling team in the check memo line. For additional information feel free to contact Coach Johnston at stick6fall@comcast.net or (540) 538-1100.

Camp Check-in Time and Daily Report Time: Camp check in time will be from 11:00 am – 12:15 pm on Monday, July 23rd, 2012 and will be conducted in the SHS Wrestling Room, which is located to the right of the outside main gymnasium entrance doorway, signs will be posted to assist campers. Campers need to bring their signed original copies of their Camp Registration, Emergency Contact and Medical Release forms to turn-in along with their camp fee at registration. There will be a pre-registered check-in lines set up to allow for fast and efficient check in. Campers are expected to be on site and ready to begin warming up at 8:15 am sharp on training days 2 – 5.

Camp Facilities, Parking and Gymnasium Entrance: Steilacoom High School is located in beautiful Southwestern Pierce County at 54 Sentinel Drive, Steilacoom, WA 98388. 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 personnel 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.



Work Out Gear: Campers need to bring and wear clean work out gear (shorts, t-shirt, socks) and serviceable wrestling shoes on a daily basis; head gear and personnel protective skin care products are recommended but are optional.

Camp Menu: No food service will be available on Days 1 and 5 (1/2 days) but campers will be provided 3 lunch meals on all full training days (2-4). Camp menu is as follows (menu items subject to change without notice):

Tuesday: Spaghetti w/garlic bread, fresh fruit, protein bar, desert and choice of 2 beverages.

Wednesday: Turkey or Ham and Cheese Sandwiches, fresh fruit, protein bar, desert and choice of 2 beverages.

Thursday: Burgers and Dogs, fresh fruit, protein bar, desert and choice of 2 beverages.

Camper Medical and or Dietary Concerns: Please ensure that you annotate any medical and or dietary concerns for your camper on the Medical Release Form. Examples of medical concerns are but not limited to previous pre-existing condition(s) such as concussions, asthma (needs to use inhaler), etc. If you camper has special dietary needs or concerns, please inform us of those and we will do whatever is reasonable to meet those needs.

Camper Responsibilities: Campers are responsible for acting in a manner that is positive and receptive to the information being disseminated by the Camp Staff. Campers are at all times to be respectful to all Camp Staff personnel and their fellow campers. Campers also need to be mindful of the use of the Steilacoom High School facilities and immediately contact Camp Staff personnel if any assistance is needed. Campers whose behavior is deemed detrimental to the focus and safety of the camp and it's attendee's shall be removed from the camp and will not have their camp fee refunded.

CAMP SCHEDULE

Monday, July 23rd, 2012 – Training Day 1:

11:00 am – 12:15 pm - Camp Check In

12:15 – 12:30 pm – Camp Introductions and Warm Up.

12:30 – 3:30 pm – Technique Session 1: Neutral Position basics, motion, hand fighting, head position. Single Leg, Double Leg, High Crotch set-ups, attacks and finishes.

Tuesday, July 24th, 2012 – Training Day 2:

8:15 – 8:30 am – Warm Up

8:30 – 11:30 am – Technique Session 2: Neutral Position Defense – Scoring Off your opponents attacks to include down blocking, sprawling, whizzer's and re-shots.

11:30 am – 12:30 pm – **Lunch Meal**

12:30 – 3:30 pm – Technique Session 3: Neutral Position Defense continued.

Wednesday, July 25th, 2012 – Training Day 3:

8:15 – 8:30 am – Warm Up

8:30 – 11:30 am – Technique Session 4: Top Position – Rides and breakdowns that facilitate scoring opportunities against any opponent. Leg rides, Turks and more....

11:30 am – 12:30 pm – **Lunch Meal**

12:30 – 3:30 pm – Technique Session 5: Bottom Position Offense – Score off the bottom every time; sit outs, knee slide techniques, stand ups and leg ride counters.

Thursday, July 26th, 2012 – Training Day 4:

8:15 – 8:30 am – Warm Up

8:30 – 11:30 am – Technique Session 6: Near Falls and Pinning Combinations – Tilts, Half Nelsons, Arm Bar Series and Cradles.

11:30 am – 12:30 pm – **Lunch Meal**

12:30 – 3:30 pm – Technique Session 7: Mat Strategy and Session Reviews.

Friday, July 27th, 2012 – Training Day 5:

8:15 – 8:30 am – Warm Up

8:30 – 11:00 am – Session 8: Takedown Tournament (1-1-1), continuous clock. Safety is paramount in all training sessions, so if there are not a sufficient number of wrestlers that can be grouped safely together by age, weight and skill level, then the takedown tournament will not be conducted and the Camp Staff will adjust contents of the training session accordingly.

11:00 – 11:30 am – Camper Written Critiques.

11:30 am – Until Completion: Gym Break Down and Facility Clean Up.

Clinicians and Training Sessions: Please note Camp Clinicians may not be available for every training session. Every effort will be made to stay within the individual training session objectives listed above but the Camp Clinicians may adjust training content based on experience level of the camp attendee's.

