

## **Dear Alaska (Hoonah) Camper:**

The Camp of Champions Wrestling School has received your deposit and information slip. If you are flying to camp we need you to send or fax your itinerary (951) 678-1970.

**Please do not call us with the information.** Make sure your flight gets in before camp starts. We will meet them at the dock in Hoonah.

### **Required Equipment:**

\*Towels (you will be required to shower after each session, bring an adequate supply)

**\*Defense soap will be (Mandatory) will be provided at check in \$6.00 per bar (4oz)**

**\*Hand Sanitizer (Mandatory) at camp for \$1.00... Keep in wrestling bag at all times**

\*Laundry money (soap provided) Very limited time to do laundry

\***At least-** 15 sets of workout gear (T-shirts, shorts (no pockets), socks, etc.

\*No tank tops are allowed. You must wear shorts, t-shirt, and running shoes to practice

\*A good pair of running shoes

\*Sleeping bag, pillow

We also recommend:

\*Headgear, kneepads and mouthpiece

\*Extra money for Camp store (snacks, tee shirts, shorts and bags)

**Precautions:** We want to prevent skin infections from spreading. Please advise us at any time during camp if you have any signs of infection. Please do not come to camp if you have the flu or flu like symptoms.

You will need to wash your hands after you visit the restroom. Please take the time to do this to keep everyone healthy. This is very important and serious.

# **ALASKA 2009 EQUIPMENT CHECKLIST**

\*SLEEPING BAG AND PILLOW

\*5 BATH TOWELS

\***DEFENSE SOAP (MANTATORY) ( Will be provided for \$6.00 per 4oz bar)**

\***1 BOTTLE HAND SANITIZER (MANTATORY) KEEP IN WRESTLING BAG**

\*SHAMPOO

\*TOOTHPASTE/TOOTH BRUSH

\*RUNNING SHOES

\*WRESTLING SHOES

\*15 T-SHIRTS Remember there are 3 sessions a day, not a lot of time to wash

\*15 WORKOUT SHORTS ( NO POCKETS)

\*15 PAIR OF SOCKS

\*SEVERAL JOCKS, UNDERWEAR/ BOXERS

\*HEADGEAR

\*KNEEPADS

\*MOUTH GUARD

\*CASH FOR LAUNDRY (SOAP WILL BE PROVIDED)

**There are 3 sessions daily, bring enough gear (this gives you an idea of what to bring, it's up to you. The camp store will have various wrestling gear and COC wear.**

**DEFENSE SOAP IS MANTATORY FOR ALL CAMPS**

**PLEASE SEND ALL PAPER WORK TO: COC P.O.BOX 755 WILDOMAR, CA. 92595**

**Camp of Champions Rules & Information**  
**P.O. Box 755\*Wildomar\*California\*92595\*(866)854-2560**

The Camp of Champions Intensive Wrestling School, and Hoonah School District have set a series of rules and regulations that are mandatory and need to be followed. The rules and regulations are meant for safety and accountability for all participants.

\*All individuals will abide by Alaska and Federal Law regulations regarding intoxicants, narcotics and drugs.

\*Fireworks, explosives, and highly flammable materials are not allowed in any building, or anywhere on the school grounds.

\*Tampering with fire system or firefighting equipment is not allowed.

\*Smoking is prohibited by Camp of Champions Intensive Wrestling School.

\*Bleach, Hair Color, Candles, Hot plates, Incense, Matches are not allowed.

\*No alcoholic beverages or non-prescription drugs or illegal drugs of any type are to be consumed on or brought onto the Campus.

\*All participants will attend every session of wrestling and other structured activities. If you get sick you need to let your counselor know right away. Please do not come to camp if you have the flu or flu like symptoms 48 hours before camp, any vomiting or diarrhea symptoms.

\*At no time will a participant leave the campus or be left without supervision. **You will be sent home with no refund.**

CELL PHONES ARE NOT ALLOWED, PLEASE TURN THEM IN AT CHECK IN AND THEY WILL BE GIVEN BACK AT THE END OF CAMP.

\***There will be no refunds for camp, except the death of a family member.**

I \_\_\_\_\_ understand the rules and regulations of the Camp of Champions Intensive Wrestling School, and Hoonah School District. I have carefully read the above rules and regulations, I will abide fully. Any infraction of these rules and regulations will be immediate dismissal without refund.

\*Dear Parent; Your balance for camp is \_\_\_\_\_. Please send balance before camp start date.  
WE ONLY EXCEPT CASH/ MONEY ORDERS/CASHIERS CHECK  
CREDIT CARD ON PAYPAL: WEBSITE: CAMPOFCHAMPS.NET  
**NO PERSONAL CHECKS**

I understand everything I have read.

Wrestler \_\_\_\_\_

Date \_\_\_\_\_

Parent \_\_\_\_\_

Date \_\_\_\_\_

## **AMATEUR MINOR ATHLETIC WAIVER AND RELEASE OF LIABILITY**

In consideration of being allowed to participate in any way in Camp of Champions Intensive Wrestling School athletics/sports program, and related events and activities, the undersigned:

1. Agree that the parent(s) and/or legal guardian(s) will instruct the minor participant that prior to participating he or she should inspect the facilities and equipment to be used, and if the participant believes anything is unsafe, he or she should immediately advise his or her coach or supervisor of such condition(s) and refuse to participate.
  
2. Acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inactions, or negligence but the action, and negligence of others, or the condition of the premises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time.
  
3. Assume all the foregoing risks and accepts personal responsibility for the damages following such injury, permanent total disability or death.
  
4. Release, waive, discharge and covenant not to sue Camp of Champions Intensive Wrestling School, Hoonah School District, its affiliated clubs, their respective administrators, directors, agents, and other employees of the organization, other members/participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors or premises used to conduct the event, all of which are hereinafter referred to as "releases" from any and all liability to each of the undersigned, his or her heirs and next of kin for any and all claims, demands, losses or damages on account of injury, including death and damage to property, caused or alleged to be caused in whole or in part by the negligence of the releases or otherwise.

**I HAVE READ THE ABOVE WAIVER AND RELEASE, UNDERSTAND THAT I HAVE GIVEN UP SUSTANTIAL RIGHTS BY SIGNING IT AND SIGN IT VOLUNTARILY.**

Name of Participant (print) \_\_\_\_\_

Name of Parent/Guardian (print) \_\_\_\_\_

Parent/Guardian Relationship (print) \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent/Guardian \_\_\_\_\_

Address of Member/Participant \_\_\_\_\_

Telephone Number of Parent or Guardian \_\_\_\_ ( ) \_\_\_\_\_

## RELEASE OF LIABILITY 2009

I/We, the parent/guardian of the aforementioned child, hereby give permission for my/our child to participate in the designated Camp of Champions Intensive Wrestling School and Hoonah School District facility during dates listed. I/We understand there are obvious known dangers/risks inherent in participation in this program or any other programs of this nature, including but not limited to injuries sustained through a death or loss of personal property, and I/We voluntarily agree to assume such risks.

In consideration of Hoonah School District permitting my child's participation in Camp of Champions Intensive Wrestling School, based on my representation that my/our child is in proper physical health and condition (no flu or flu like symptoms) to participate, I agree:

1. To assume all risk of injury to my child and all risk of damage to or loss of my/our child's property arising from my child's participation in the Camp of Champions Intensive Wrestling Schools, negligence as determined by a court of competent jurisdiction.
2. To release and forever discharge the Camp of Champions Intensive Wrestling School, Hoonah School District, staff and any other's employed by the Camp, from any and all claims or liability for any injury, sickness ( flu or flu like symptoms) including death, and for property damage or loss which may be suffered by me or my/our child arising out of or any connection with my/our child's participation in the Camp of Champions Intensive Wrestling School.

I/WE HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ALL OF THE CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN THE CAMP OF CHAMPIONS INTENSIVE WRESTLING SCHOOL, AND HOONAH SCHOOL DISTRICT ON BEHALF OF MY/OUR CHILD, AND I/WE SIGN IT OF MY/OUR OWN FREE WILL.

**PARENT/GUARDIAN** \_\_\_\_\_ **DATE** \_\_\_\_\_

\_\_\_\_\_  
**PRINT FULL NAME OF PARENT/GUARDIAN/ADDRESS AND PHONE NUMBER**

# CAMP OF CHAMPIONS INFORMATION SHEET

**WRESTLER NAME** \_\_\_\_\_

**BIRTHDATE** \_\_\_\_\_ **AGE** \_\_\_\_\_ **GRADE(09-10)** \_\_\_\_\_

**PARENTS/GUARDIANS NAME** \_\_\_\_\_

**PARENTS/GUARDIANS: HOME PHONE** \_\_\_\_\_

**WORK PHONE** \_\_\_\_\_

**CELL PHONE** \_\_\_\_\_

**EMERGENCY PERSON: NAME** \_\_\_\_\_

**PHONE (DAY)** \_\_\_\_\_ **(EVENING)** \_\_\_\_\_

**CLOSEST RELATIVE NOT LIVING WITH YOU**

**NAME** \_\_\_\_\_

**PHONE (DAY)** \_\_\_\_\_ **(EVENING)** \_\_\_\_\_

# CAMP OF CHAMPIONS “INTENSIVE” WRESTLING SCHOOL

## “ Important Message 2009”

The objective of the Camp of Champions “Intensive” Wrestling Schools is to fulfill the goals of the wrestler that attends our camps. We have excellent facilities that we work out in. Our staff is hand picked with collegiate wrestlers, high school and college coaches. Our clinicians are the finest current champions in the United States and abroad. The training schedule is unmatched by any camp in the nation. We know what other camps do...they cannot follow our lead!

Our entire camp is immersed for seven days in preparing our wrestlers for the upcoming season so they can meet the goals they have set for themselves. Our intensive camps are extremely difficult physically, mentally, and emotionally. We have found that over the past few years that there has been a stumbling block with our camps, it is called the “CELL PHONE”

The cell phone is an annoyance to the spirit of what our mission is attempting to deliver to our wrestlers. Numerous occasions during camp our wrestlers call at all times of the night when they should be sleeping and resting, preparing for the next session or the next day. During the first 4-5 days a percentage of wrestlers call home and want to go home because of the difficulty of the intensive camps. The Camp of Champions discourages any type of leaving camp prematurely, as parents you need to stay on the same “Game Plan”.

Years ago cell phones were not an issue because the wrestlers did not have them. We are not allowing “cell phones” in the intensive camps, unless they are flying into camp at that time they will give up till the end of camp (11 and 7 Day)!

I hope that you understand our goals and have your wrestler abide by this rule that we will enforce. Below is an area that the parent and wrestler must sign to state you have read and understand the rules of no “cell phones” at any intensive camp that you wrestler is attending.

Sincerely,

Steve Glassey Director:

Parent \_\_\_\_\_ Wrestler \_\_\_\_\_

# HOONAH CHECK IN:

CHECK IN - 8:00- 1:30 AUGUST 3, 2009

1<sup>ST</sup> MEAL LUNCH

CHECK OUT 11:30 AUGUST 9, 2009

LAST MEAL BREAKFAST

TAKE LAB AIRLINES FROM JUNEAU TO HOONAH  
(WWW.WINGSOFALASKA.COM) (907) 789-0790 RESERVATIONS

IF YOU HAVE ANY QUESTIONS CALL 1-866-854-2560 OR (951) 609-0359

HOONAH CONTACT ERIC WILLIAMS CALL (907)-945-3143  
OR EDNA AND KEITH SKAFELSTAD (907) 945-3204  
**PLEASE THESE NUMBERS ARE ONLY FOR EMERGENCY**

CAMP OF CHAMPIONS INTENSIVE WRESTLING SCHOOL  
P.O. BOX 755  
WILDOMAR, CALIFORNIA 92595

1-866-854-2560

FAX- 951-678-1970