

Dear Washington 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 shuttle gets in before camp starts. Shuttle service is Bellair 1-866-235-5247 or go to their website. You will need to come into Starbucks in Ellensburg and leave Starbucks, make sure you let us know time of shuttle arrival.

**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-** 20 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 or sheets, blanket, pillow

\*Alarm clock- You will be getting up early to workout!

We also recommend:

\*Headgear, kneepads and mouthpiece

\*No Air Conditioning Bring Fan(dorm rooms get hot in summer)

\*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 systems.

1. We have skin protestant for sale \$20.00 per can, it will last all camp and into the upcoming season.

2. 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.

# WASHINGTON 2009 EQUIPMENT CHECKLIST

\*BEDDING WILL BE PROVIDED BY CWU

\*5 BATH TOWELS

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

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

\*SHAMPOO

\*TOOTHPASTE/TOOTH BRUSH

\*RUNNING SHOES

\*WRESTLING SHOES

\*20 T-SHIRTS Remember there are 3 sessions a day, not a lot of time to wash

\*20 WORKOUT SHORTS ( NO POCKETS)

\*20 PAIR OF SOCKS

\*SEVERAL JOCKS, UNDERWEAR/ BOXERS

\*BRING FAN NO AIR CONDITIONING

\*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.**

\*Bring extra money to purchase pizza/drinks after the last nightly wrestling session or snacks at the camp store

## Camp of Champions Rules & Information

P.O. Box 755\*Wildomar\*California\*92595\*(866)854-2560

The Camp of Champions Intensive Wrestling School, Central Washington University, 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 Washington and Federal Law regulations regarding intoxicants, narcotics and drugs.

\*Fireworks, explosives, and highly flammable materials are not allowed in the residence halls, 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 University 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 University campus or be left without supervision. **You will be sent home with no refund.** NO CELL PHONES ALLOWED AT CAMP, ONLY ONE EXCEPTION FOR PHONE IS(IF YOU ARE FLYING IN). IF CAUGHT THEY WILL BE TAKEN UNTIL THE LAST DAY 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 Central Washington University. 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.

\*I want 1 can of Skin protestant for \$20.00 Yes \_\_\_\_\_ No \_\_\_\_\_

\*1 Bar Defense Soap (mandatory) \$6.00

\*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 \_\_\_\_\_

## **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 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 Central Washington University 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, Central Washington University, 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 IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN THE CAMP OF CHAMPIONS INTENSIVE WRESTLING SCHOOL AND CENTRAL WASHINGTON UNIVERSITY 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**

**AMATEUR MINOR ATHLETIC WAIVER AND RELEASE OF  
LIABILITY 2009**

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, Central Washington University, 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) \_\_\_\_\_  
Parent/Guardian Relationship (print) \_\_\_\_\_ Date \_\_\_\_\_

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

Address of Member/Participant \_\_\_\_\_  
Telephone Number of Parent or Guardian \_\_\_\_ ( ) \_\_\_\_\_

## 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)** \_\_\_\_\_

**\*WOULD YOU LIKE TO HAVE A CERTAIN ROOMMATE?**  
**THERE ARE 2 OR 3 PEOPLE TO A ROOM( Some colleges may be different)**  
**YES** \_\_\_\_\_ **NO** \_\_\_\_\_ **NAME** \_\_\_\_\_  
**NAME** \_\_\_\_\_

CENTRAL WASHINGTON UNIVERSITY REQUIRES A \$50.00 KEY DEPOSIT FOR ROOM KEY. **PLEASE MAKE A CHECK TO COC SEND WITH ALL PAPER WORK.** THE CHECK WILL BE ON FILE IF A KEY IS LOST, THE CHECK WILL BE RETURNED TO WRESTLER WHEN KEY IS TURNED IN. REIMBURSEMENT IS NOT RETURNED IF KEY IS FOUND AFTER CHECK OUT. THE ROOM WILL BE RE-KEYED THAT SAME DAY, FOR SAFETY ISSUES.

# 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 handpicked 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 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 ( 10 and 7 Day)!

Do not have your wrestler bring a phone, it will be sent home at your cost. The dorms and on campus there are phones they can use.

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 \_\_\_\_\_

## **CHECK IN AND OUT TIMES- WASHINGTON 2009**

### **11 DAY TRAINING- JULY 5-JULY 15**

- \*7/5 CHECK IN **9- 12:00PM** (Dorms-Carmony Munro)
- \*LUNCH 11:30- 1:30                      \*7/15CHECK OUT NOON
- \*1ST SESSION 2:30                      \*LAST MEAL BREAKFAST
- \* DINNER 4:30- 6PM

### **7 DAY TRAINING- JULY 5- JULY 11**

- \*7/5 CHECK IN **10- 12:30PM** (Dorms-Carmony Munro)
- \*LUNCH 11:30- 1:30                      \*7/11 CHECK OUT NOON
- \*1ST SESSION 2:30PM                      \*LAST MEAL BREAKFAST
- \*DINNER 4:30- 6PM

### **5 DAY TECHNIQUE- JULY 5- JULY 9**

- \*7/5 CHECK IN **10:30- 12:30PM** (Dorms-Carmony Munro)
- \*LUNCH 11:30- 1:30                      \*7/9 CHECK OUT NOON
- \*1ST SESSION 2:30PM                      \*LAST MEAL BREAKFAST
- \*DINNER 4:30- 6PM

### **5 DAY YOUTH CAMP- JULY 5- JULY 9**

- \*7/5 CHECK IN **11:00- 12:30PM** (Dorms-Carmony Munro)
- \*LUNCH 11:30- 1:30                      \*7/9 CHECK OUT 11:30PM
- \*1ST SESSION 2:30PM                      \*LAST MEAL BREAKFAST

### **10 DAY HWT CAMP- JULY 6- JULY 15**

- \*7/6 CHECK IN **10:30- 12:30** (Dorms- Carmony Munro)
- \*LUNCH 11:30- 1:30                      \*7/15CHECK OUT NOON
- \*1st SESSION 2:30PM                      \*LAST MEAL BREAKFAST

### **6 DAY HWT CAMP- JULY 6- JULY 11**

- \*7/6 CHECK IN **11:30- 12:30PM** (Dorms-Carmony Munro)
- \*LUNCH 11:30- 1:30                      \*7/11CHECK OUT NOON
- \*1st SESSION 2:30PM                      \*LAST MEAL BREAKFAST

### **5 DAY COMPETITION JULY 6- 10**

- \*7/6 CHECK IN **11:30- 12:30PM** (Nicholson-Gym)
- \*LUNCH 11:30- 1:30PM                      \*7/10 CHECK OUT 12:30PM
- \*1st SESSION 2:45PM                      \*LAST MEAL BREAKFAST
- \*DINNER 4:30PM

**PLEASE NOTE CHECK IN TIMES**

