

**PARENT RELEASE, MEDICAL TREATMENT AUTHORIZATION,
AND HEALTH STATEMENT**

PLEASE PRINT

CAMPERS NAME

PARENT OR GUARDIAN

RELATION TO CAMPER

ADDRESS (IF DIFFERENT THAN CAMPER)

PHONE

E-MAIL

MED. INS:

POLICY NO.:

EMERGENCY CONTACT NAME (if you are not available)

PHONE

Please provide specific written directions for any medical needs that you might deem necessary while attending the camp.

I understand that I am required to maintain and carry accidental medical insurance coverage for the named youth on this application and verify that the coverage information attached herewith is accurate and true.

I verify that my son/daughter has been checked by a licensed physician and is physically able to participate in this camp. I hereby authorize the staff of the **MENLO COLLEGE WRESTLING CAMP** to act for me, according to their best judgment in any medical emergency, while there is an attempt to contact me. I waive and release this camp from any and all liability, injuries or illness incurred while attending this camp. The camper, while attending this camp will use the facilities at their own risk. The camp and its staff shall not be liable for any damages that arise from personal injury sustained by the camper on the way to, during and on the way home from the camp. The camper and his/her parents accept full responsibility for any damages or injuries which may occur during this time frame, and so hereby, fully and forever, exonerate and discharge the camp, staff, owners, employees, and 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 **MENLO COLLEGE WRESTLING CAMP** and in the use of its facilities.

SIGNATURE OF PARENT OR GUARDIAN

DATE



OVERNIGHT CAMPER

\$350.00 per wrestler

Includes: instruction, meals, dorm and a t-shirt.

COMMUTER CAMPER

\$250.00 per wrestler

Includes: instruction, lunch, dinner and a t-shirt.

Limited Spots – Act Fast

\$100.00 deposit is required and is *non-refundable*
Full payment is due at camp registration.

Make Checks Payable To:
MENLO COLLEGE WRESTLING

Mail Payment To:
Joey Martinez
MENLO COLLEGE WRESTLING
1000 El Camino Real
Atherton, CA 94027

**FOR MORE INFORMATION CALL
JOEY MARTINEZ at (650) 543-3778**

**MENLO COLLEGE
WRESTLING
COMPETITION CAMP**

June 9th-12th

MENLO COLLEGE

Atherton, California



Ages (8 - 18) Men & Women
OVERNIGHT OR DAY CAMP

DAILY SCHEDULE

SUNDAY ~ JUNE 9, 2019

12:00 - 2:00 PM REGISTRATION
 2:30 - 2:50 PM CAMP MEETING (BRING GEAR)
 3:00 - 3:15 PM GROUP WARM-UP
 3:15 - 4:45 PM **SESSION 1**
 4:45 - 5:00 PM TEAM FORMATION (INDV)
 5:00 - 5:45 PM DINNER
 6:15 PM ROLL CALL
 6:45 - 9:15 PM **DUAL MEET COMPETITION - TM PTS.**
 10:00 PM CAMP TALK
 11:00 PM LIGHTS OUT

MONDAY ~ JUNE 10, 2019

7:00 AM WAKE-UP
 7:30 - 8:15 AM BREAKFAST
 8:45 AM ROLL CALL
 9:00 - 9:15 AM GROUP WARM-UP
 9:15 - 10:45 AM **SESSION 2**
 10:45 - 11:00 AM **PUSH-UP CONTEST - TM PTS.**
 11:30 - 12:30 PM LUNCH
 1:45 PM ROLL CALL
 2:00 - 2:15 PM GROUP WARM-UP
 2:15 - 3:45 PM **SESSION 3**
 3:45 - 4:00 PM SITUATION LIVE WRESTLING
 4:15 - 5:00 PM CAMP TALK
 5:00 - 5:45 PM DINNER
 6:15 PM ROLL CALL
 6:30 - 9:00 PM **DUAL MEET COMPETITION - TM PTS.**
 10:00 PM CAMP TALK
 11:00 PM LIGHTS OUT

TUESDAY ~ JUNE 11, 2019

7:00 AM WAKE-UP
 7:30 - 8:15 AM BREAKFAST
 8:45 AM ROLL CALL
 9:00 - 9:15 AM GROUP WARM-UP
 9:15 - 10:45 AM **SESSION 4**
 10:45 - 11:00 AM **PULL THE TAIL - TM PTS.**
 11:30 - 12:30 PM LUNCH
 1:45 PM ROLL CALL
 2:00 - 2:15 PM GROUP WARM-UP
 2:15 - 3:45 PM **SESSION 5**
 3:45 - 4:45 PM **RELAY RACES - TM PTS.**
 5:00 - 5:45 PM DINNER
 6:15 PM ROLL CALL
 6:30 - 9:00 PM **DUAL MEET COMPETITION - TM PTS.**
 10:00 PM CAMP TALK
 11:00 PM LIGHTS OUT

DAILY SCHEDULE

WEDNESDAY ~ JUNE 12, 2019

7:00 AM WAKE-UP

7:30 - 8:15 AM BREAKFAST
 8:45 AM ROLL CALL
 9:15 - 10:45 AM **SESSION 6**
 10:45 - 11:00 AM **ELEPHANT TAG - TM PTS.**
 11:30 - 12:30 PM LUNCH
 1:45 PM ROLL CALL
 2:00 - 2:15 PM GROUP WARM-UP
 2:15 - 3:45 PM **MINI TOURNAMENT - TM PTS.**
 3:45 - 4:45 PM PACK AND CLEAN ROOM
 4:45 PM CAMP AWARDS
 5:15 PM PARENT PICK-UP

CAMP OBJECTIVE

The "COMPETITION CAMP" is specifically designed to improve team dynamics as it relates to competition. Throughout the camp the teams will be placed in a variety of competitive events where team achievement is at the forefront. Individuals are welcomed and will be placed on team X or in holes of existing teams. In addition, the teams will be provided six technique sessions throughout the camp, where they will receive the very best instruction with a 12-1 student / counselor ratio. Each wrestler will systematically be taught the fundamentals in each of the three phases of wrestling: takedowns, top and bottom. At the conclusion of the camp, individuals will be placed in pool brackets and be guaranteed three additional matches, which will bring their totals to approximately 12 matches in 4 days. Finally, our camp talks, which are given daily will expose campers to a variety of topics to include, but not limited to: sports psychology, strength and conditioning, nutrition, goal setting and motivation.

MEDICAL INFORMATION

Campers must have their own medical insurance to attend this camp. Please fill out the enclosed medical information form completely. Certified athletic trainers are in attendance

at every practice and will attend to all injuries. Campers must have a completed medical card on file before they will be allowed to attend the camp.

APPLICATION INFORMATION

CIRCLE ONE

OVERNIGHT (\$350.00)

COMMUTER (\$250.00)

CAMPER'S NAME _____

DOB: ____/____/____ GRADE ENTERING FALL 2017 ____

ADDRESS _____

CITY _____ ST _____ ZIP _____

DAY (_____) _____

HOME (_____) _____ CELL _____

(_____) _____

E-MAIL _____

SCHOOL _____ T-SHIRT SIZE _____

HEIGHT

WEIGHT

SEND PAYMENT AND APP. TO: **MENLO COLLEGE WRESTLING**
1000 EL CAMINO REAL
ATHERTON, CA 94027

THE PARENT RELEASE, MEDICAL TREATMENT AUTHORIZATION, AND HEALTH STATEMENT MUST BE COMPLETED AND ON FILE BEFORE A CAMPER WILL BE ALLOWED TO PARTICIPATE.