



Things To Bring

■ Wrestling gear

- shirts
- shorts
- wrestling/running shoes
- towels

■ Extra Clothes

■ Camping gear (if camping)

- tent
- bedding
- pillow

FOR ADDITIONAL
HOTEL/CAMPING
RESERVATIONS: CALL:

**Best Western
College Way Inn
877-722-3422

** M.V. RV Park
360-428-8787

**Riverbend R.V.
Park
360-428-4044

FOR MORE INFORMATION:
CALL ANDREW COOK
253-229-3555

** For family lodging/camping

WSWA Phase II Wrestling Camp

LOCATION:

VANDIT WRESTLING ACADEMY

2464 E BLACKBURN RD
MOUNT VERNON, WA
98274

June 16 – June 19th
(Tues - Fri) @ Vandit
Wrestling Academy

*Make The Commitment
To Become A
CHAMPION!*

Camp Schedule

Tuesday, June 16th

8:00-9:30am Registration
9:30-11:30 Session #1
12:00 Lunch
1:00-2:00 Camp Introduction Expectations Discussion
2:00-4:00 little mountain run
4:00-5:30 Technique Session #2
5:30-7:00 Video Review
7:00 p.m. Dinner
10:00 p.m. LIGHTS OUT

Wednesday, June 17th

6:00 a.m. WAKE-UP
6:30-8:00 Conditioning
8:00-9:30 Breakfast
9:30-11:30 Technique Session #3
12:00 Lunch
2:00-4:00 little mountain run
4:00-5:30 Technique Session #4
5:45-7:00 Live Combat/Hard Conditioning
7:00 p.m. Dinner
10:00 p.m. LIGHTS OUT

Thursday, June 18th

7:00 a.m. WAKE-UP
7:30-8:00 Conditioning
8:00-9:30 Breakfast
9:30-11:30 Technique Session #5
12:00 Lunch
2:00-4:00 Little Mountain Run
4:00-6:00 Technique Session #6
6:00-7:00 Champion Lifestyle Discussion
7:00 p.m. Dinner
10:00 p.m. LIGHTS OUT

Friday, June 19th

8:00-9:30 a.m. Breakfast
9:30-11:30 Technique Session #7
12:00-2:00 Live Combat/ Matches
2:00 p.m. Clean Up

We pride ourselves on having one of the lowest priced camps available while still having quality champion clinicians come in. WSWA is striving to create an atmosphere for each of our athletes to become National Champions.

COST: 125\$
NON NATIONAL/DUAL TEAM MEMBER
OR
FREE FOR QUALIFIED AND PAID
NATIONAL/ DUAL TEAM ATHLETES

(Camping, meals, & training included)

****All meals are included in camper fee.****

2015 Clinicians:

Chris Bono

Current Head Coach at South Dakota State University, NCAA Champion, USA Freestyle National Champion.

Jon Reader

Currently Assistant Coach @ South Dakota State University, NCAA Champion

Our Current WA National Team Coaching Staff including:

-Andy Cook Vandit
- Kyle Foster Toss Um
-Caleb Schlack Ferndale
-Geoff Kaylor Aggression

Name:

Address:

Phone:

Grade:

DOB:

PLEASE PRE-REGISTER

mail this form along with your check made payable to:
WSWA C/O Andrew Cook
12551 Wedgewood Dr
Burlington, WA 98233

Parent / Guardian Authorization

I verify that my child has been checked by a licensed physician prior to attending this camp and is physically able to participate. I assume all risks resulting from the participation in all activities of the camp. I agree to hold harmless any and all of this wrestling camp, the Reservoir Dog Wrestling Club, coaches, and/or coordinators, of an and all liability actions, courses of action, claims and demands of every kind and nature whatsoever, which may arise in conjunction with or resulting from my child's participation in this camp.
PLEASE INITIAL: _

1. If my child needs medical attention while participating it is my wish that I be contacted before any medical procedures are taken on my child unless immediate treatment is necessary to save my child's life or prevent permanent injury.

Parent/Guardian Signature: _

2. If my child needs medical treatment while participating it is my wish that the treatment be started while efforts are being made to contact me so that treatment is not delayed. I consent to any medical procedures that the physician believes are needed, on the understanding that efforts to contact me will continue to be made. I accept full responsibility for all costs related to such treatment.

Parent / Guardian Signature: _