

“Once you’ve wrestled, everything else in life is easy.”

–Dan Gable

Go Chargers!

Kentridge Summer Camp Wrestling Waiver form

Parent/Guardian Name _____

Email _____

Phone _____

I, the parent/guardian of the above named child, acknowledge that participating in wrestling is a potentially dangerous activity and as such is a HIGH RISK SPORT I assume all risks associated with participation in this sport, including but not limited to falls, contact with other participants and other reasonable risk conditions associated with the sport of wrestling. All such risks to my child are known and understood by me. I hereby release, discharge and/or otherwise indemnify the Kent School District and Kentridge wrestling, its coaches and volunteers against any claim by or on behalf of the registrant as a result of the registrant’s participation in our program.

Signature _____

Date _____

Please indicate another person to call if an accident occurs and we are unable to reach you

Name _____

Phone # _____

Insurance Company _____

Policy # _____

Family Doctor _____

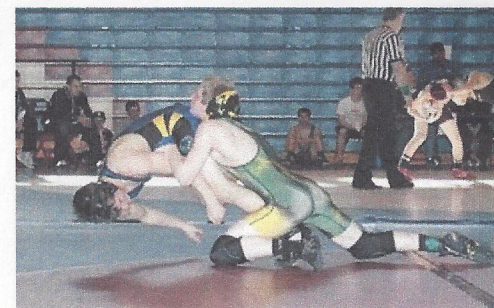
Phone # _____

Does your child have any medical concerns we should be aware of? _____



**Kentridge
Chargers**

**Summer Wrestling Camp
Information**



**KR Wrestler Nick Aliment (2007-2011)
League Champion and two-time State
Placer**

2014

Schedule

“Champions are built in the Off-Season”

OFF SEASON COMMITMENT!

June 2 thru June 4 -First Week
KR Camp 6-8pm in Auxiliary Gym

June 9 thru June 11
(Incoming Freshmen can Report)
KR Camp 6-8pm in Auxiliary Gym

June 12 3-9pm KR Summer Dual

June 16 thru 18
KR Camp 6-8pm in Auxiliary Gym

June 21 4pm Rogers Summer Dual

June 23-26 (optional) Bear Claw Camp 9-2:30- Additional Cost \$75 per wrestler

June 23 thru June 25
KR Camp 6-8pm in Auxiliary Gym
June 26 Tahoma Summer Dual 1pm

June 28-July 1 (optional) N/W Dual Championships-Team Camp, Corvallis, Oregon- Additional Cost \$305-\$320 per wrestler

Break

July 7 thru July 9
KR Camp 5-7pm in Auxiliary Gym

July 14 thru July 16
KR Camp 5-7pm in Auxiliary Gym

July 21 & 23
KR Camp 5-7pm in Auxiliary Gym

July 28 & 30-Last Week
KR Camp 5-7pm in Auxiliary Gym

Kentridge Camp Coaches

Todd Lantz, Head Coach
Tony Brown, Assistant Coach KR
Deyan Dimitrov, Assistant Coach KR
Scott Hobbs, Assistant Coach KR
Rodger Berlin, Assistant Coach KR

Who is Eligible for Camp?

All Athletes that will be attending Kentridge High School in the fall of 2014. This would be athletes entering 9th, 10th, 11th, 12th grades. Middle School athletes can attend after spring sports end, starting June 10th.

Cost & Registrations

The cost of the KR Camp is \$35, the money goes to Kentridge Wrestling ASB. Wrestlers need to contact Coach Lantz and Teri Mamon KR Cashier prior to the End of May to register for camp. High School & Middle School Athletes physicals from the 2013-2014 year are good. First time athletes' will need physicals & parent permission filled out. Additional Camps and costs are noted.

Contact Information

www.Kentridgewrestling.webs.com

Check out Kentridge on Facebook

Coach Lantz: tlantz@q.com or
todd@rentoncoilspring.com

Cell 425.985.3121

Home 253.859.8299

Camp Location

The camp will be held at Kentridge High School. We will be in the KR Wrestling Room (behind main Gym).

Wrestler Equipment

Each wrestler should wear appropriate gear and footwear for camp. Each camp participant should wear shorts and a t-shirt (no singlet). Wrestling shoes are required for time on the mats. Headgear is optional.

Daily Schedule

15 min	Warm-up
15 min	Drills
60 min	Technique
30 min	Live Wrestling
	End of workout