

Waiver

We authorize our child to be treated by a licensed physician, EMT, dentist, physician's assistant, registered nurse, athletic trainer, or camp counselor if necessary, while attending camp. In submitting this entry, we waive, release, and forever discharge Southern Maryland Wrestling Club, and all camp directors and staff, and the host facility for and from any and all injuries, losses, or other damages suffered by our child or us at this camp, while traveling to and from this camp, or while participating in this camp.

We agree to indemnify and hold Southern Maryland Wrestling Club, and all camp directors and staff, and the host facility, harmless from and against any and all claims or demands, including reasonable attorneys' fees, made by any third party, to include our child, due to or arising out of our child's participation in this camp. We acknowledge that participation in this camp poses risks for our child, and we represent that our child is physically able to participate in this camp, and has trained sufficiently to do so.

Parent/ Guardian's Signature

Insurance Company/ Policy Number

AAU/USA Card Number

Southern Maryland Wrestling Club

2016
Technique/Intensive
Folkstyle Commuter Camp



*Top Performance Enhancing
Wrestling Camp in Maryland*

Date:
July 11-14

Location:
North Point HS
2500 Davis Rd.
Waldorf, MD 20603

Time: 9am-3:30pm

Camp Director:
Jason Gabrielson

SMWC WOLFPACK **Commuter Camp**

The 15th annual SMWC WolfPack wrestling camp is here. We plan to go all out this yr and provide you with another great technique/intensive training camp that is sure to give you everything you're looking for in a wrestling camp. This 4 day (Mon.-Thur.) camp will include three sessions a day. Two sessions will be devoted strictly to technique, while the last session will be live wrestling and conditioning. Campers will have an option to rest, leave or take part in planned activities between sessions.

Each year we try and bring you some of the best clinicians in the country and this year is no exception. Josh Asper (2x NCAA AA for UMD), Dave Habbat (2x NCAA AA for Edinboro), Alfred Bannister (4x MD state Champ, 2x Beast of the East Champ, Current UMD wrestler), Steven Simpson (NCWA Natl Finalist, 2x MD state Champ, Natl. Prep Champ), and Jason Gabrielson (3x MD State Champ, USA FS Olympic Trials placer, World Cup Champ, 2x World Sombo Champ).

Camp counselors & staff are composed of wrestlers with different backgrounds & styles in an effort to bring a variety of new looks and technique to the table. The idea is to expose your child to a wide variety of technique every day in hopes that some of the moves shown will fit his/her particular style of wrestling. We realize that not all wrestlers' abilities, learning curves, and bodies are equal, so this camp will have something for everyone.



Counselor: Alfred "Baby J" Bannister

All sessions will have a minimum of 4 counselors to ensure all wrestlers get the 1on1 instruction they need. Our camp goal is to show your wrestler as many moves as possible from all 3 wrestling positions (neutral, top, & bottom) for 2 camp sessions. Then provide at least 1hr of live wrestling for the campers to try the moves they learned earlier in the day.

Camp times are 9am-3/3:30pm. The first session will start promptly at 9am and will last 2 hrs. The remaining 2 sessions will range from 1-2 hrs in length with 30min.-1hr breaks in between sessions. Campers are asked to bring their own lunch.

The cost for this camp is \$165. There is a \$15 discount for anyone that sends in their application and payment before Saturday July 2. A \$15 discount will also be given to groups of 5 or more. If applying as a group, please indicate what team you are with and send all registration forms and money in one envelope. Group discounts do not coincide with early registration discounts.

We strongly encourage everyone to bring a video camera and/or take notes so you have something to reference later when you're trying to remember how to do a particular move. **Parents and Coaches are welcome to attend free of charge.**

Camp Registration

Name: _____

Address: _____

ZIP: _____

Phone: _____

Team: _____

Make check payable to:
Southern Maryland Wrestling Club

Mail to:
SMWC
PO Box 161
Barstow, MD 20610

COST:
\$165/per person

APPROX. TIMES:
Session 1 (9am-11am)
Break 1 (11am-12pm)
Session 2 (12pm- 1:30/2pm)
Break 2 (:30min-1hr)
Session 3 (2:30/3pm – 3:30/4pm)

*For further info contact Jason Gabrielson at 202-386-4283



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