

# Capo Valley Wrestling



## Spring Wrestling Camp

Life lessons happen on our mat. We build life champions.

Compete against athletes your own size  
1 on 1 competition  
Belong  
Accomplish something  
Challenging  
Fun



[Capovalleywrestling.com](http://Capovalleywrestling.com)

**What:** Spring Camp

**Who:** any youth grades K-8

**When:** Tuesdays and Thursdays, May 12-June 11, 5:30-7:30pm

**Where:** CVHS Wrestling room

**Donation:** \$25 for all five weeks

Register and pay online at [capovalleywrestling.com](http://capovalleywrestling.com), or fill out registration form (on back) and mail with check ("CVHS Wrestling Booster") to PO Box 4674, Mission Viejo, CA 92690

For more info:

Email: [capovalleywrestling@gmail.com](mailto:capovalleywrestling@gmail.com)

Phone: 949-307-4390.

Web: [Capovalleywrestling.com](http://Capovalleywrestling.com) and [Bigkatwrestling.com](http://Bigkatwrestling.com)

Wrestling is for everyone, regardless of weight, height, build, or natural ability. Whether you are 4 ft nuthin' or 6ft somethin', 50 lbs or 250 lbs, you can excel and stand out in this sport.

**Capo Valley Wrestling Camp  
Registration Form**

Name of Wrestler: \_\_\_\_\_ age: \_\_\_\_\_ Grade: \_\_\_\_\_

DOB: \_\_\_\_\_

Parent(s)/Guardian(s): \_\_\_\_\_

Parent(s)/Guardian(s) phone: \_\_\_\_\_

Parent(s) Guardian(s) email: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Emergency Contact (aside from parent/guardian): \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Insurance: \_\_\_\_\_

HMO/PPO (circle one)

Policy #: \_\_\_\_\_

Any allergies? \_\_\_\_\_

Any special medications? \_\_\_\_\_

(for new wrestlers) How did you find out about our program? \_\_\_\_\_

\_\_\_\_\_

Tshirt size: \_\_\_\_\_

Please note that the Constitution of the State of California requires that we provide a public education to you free of charge. Your right to a free education is for all school/educational activities, whether curricular or extracurricular, and whether you get a grade for the activity or class. Subject to certain exceptions, your right to a free public education means that we cannot require you or your family to purchase materials, supplies, equipment or uniforms for any school activity, nor can we require you or your family to pay security deposits for access, participation, materials, or equipment.