

# Capo Valley Wrestling



## Spring Wrestling/Strength Camp

The toughest sport. The toughest athletes.

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



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

### What:

- 1) Wrestling and athletic development camp for grades K-5: Wrestling, core strength and agility to increase physical literacy.
- 2) Wrestling/grappling/lifting camp for grades 6-8: wrestling, beginner weightlifting technique, No-gi Jiu Jitsu and grappling, multi-sport athletic development, core strength and agility to increase physical literacy.

Who: any youth grades K-8

### When:

- \*Wrestlers with prior experience: Mon/Wed, May 1-June 1, 5:30-7:30pm
- \*Absolute beginners: Tues/Thurs, May 1-June 1, 5:30-7:30pm.

Where: CVHS Wrestling room

Donation: \$50 for all five weeks

Register and pay online at [capovalleywrestling.com](http://capovalleywrestling.com), or fill out registration (on back) and mail with check ("CVHS Wrestling Booster") to 26301 Via Escolar, Mission Viejo, CA 92692

For more info: [capovalleywrestling@gmail.com](mailto:capovalleywrestling@gmail.com); 949-307-4390

**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? \_\_\_\_\_

\_\_\_\_\_