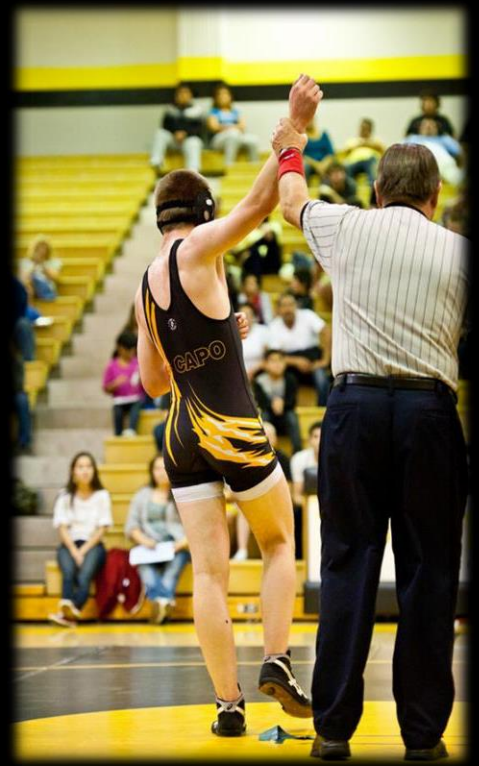
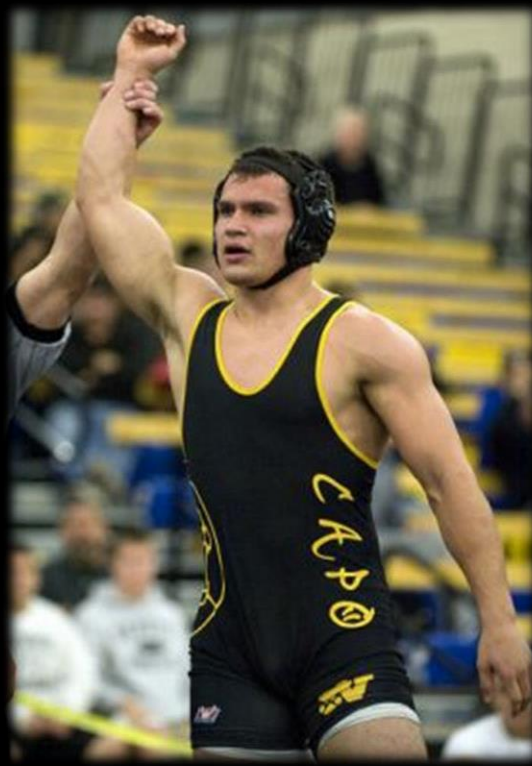


Capo Valley Wrestling



Summer Wrestling/Strength Camp

The toughest athletes. The toughest sport.

Compete against athletes your own size

1 on 1 combat

Belong

Accomplish something

Challenging

Fun



www.capovalleywrestling.com

What: Summer Wrestling/Strength Camp

Wrestling and athletic development camp for grades 9-12: wrestling, beginner weightlifting technique, multi-sport athletic development, core strength and agility to increase physical literacy.

Who: Grades 9-12, no prior experience necessary

When: Mon-Thurs, June 19-July 13, 4-8pm

Where: CVHS Wrestling Room. T/TH Away Scrimmages

Donation: \$100

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

For more info, email coach Bordner at capovalleywrestling@gmail.com or call 949-307-4390.

**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? _____

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.