



2019
INTENSIVE



LADIES SUMMER CAMP

Featuring Top-Ranked Menlo College's
Multiple-Time All-Americans
Solin Piearcy & Hiba Salem



June 24 to June 28
Capistrano Valley High School

For experienced girls from 8th grade and up.
This is an intensive camp for girls, by girls!
The only camp of its kind in OC!



Solin Piearcy



Hiba Salem

<p>4x CA State Medalist (2015 Champion) 2015 HS National Champion 3x Fargo All-American Collegiate All-American Collegiate National Champion</p>	<p>3x CCS HS Champion 2x CA State Medalist 2x Fargo All-American 3x Collegiate All-American Majoring in Accounting</p>
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Costs: \$300 — includes lunches and a camp shirt.
Register and pay \$50 by May 1st and receive a \$50 discount!
Remaining Balance due by June 10.

CAMP SCHEDULE

Day 1	Days 2, 3, 4	Day 5
6:30am Check-in 8-9am Session 1	8am-9am Session 1	8am-9:00am Session 1
9am-10am Activity	9am-10am Activity	9:00am-10:00am Activity
10am- 12pm Session 2	10am- 12pm Session 2	10:00am-11am Session 2
12pm-1:30pm Lunch	12pm-1:30pm Lunch	11am-12:30pm Lunch
2pm-3:30pm Session 3	2pm-3:30pm Session 3	12:30pm-2pm Competition
4:00pm Pick up	4:00pm Pick up	2:30pm Pick up

**Capistrano Valley High School Boosters
Capistrano Unified School District
Sports Waiver and Release of Liability**

I/We, _____ (hereinafter "Parents/Guardians), the legal guardians of _____ (hereinafter "Student") sign this release of liability as a precondition for our child to participate in the Big Cat Wrestling Club's 2018 Ladies Summer Camp held at Capistrano Valley High School.

Student's parents (Parents/Guardians) acknowledge and agree that they must assess the risks involved in the participation of competitive athletics and make the choice to participate in spite of the potential risks of serious, catastrophic, and perhaps fatal consequences. Student and Parents/Guardians acknowledge and agree that no amount of instruction, precaution, or supervision will totally eliminate the risk of injury or of adverse medical consequences to the participating student. Participation in athletics is inherently dangerous and may be severely impacted by students existing medical conditions.

By granting permission to student to participate in athletic competition, Parents/Guardians acknowledge that playing or practicing a sport can be a dangerous activity involving many risks of injury. Both the Student and Parent/Guardians understand and agree that the dangers and risks of playing or practicing include, but are not limited to, death, complete or partial paralysis, brain damage, serious injury to virtually all internal organs, bones, joints, ligaments, muscles, tendons, and other aspects of the skeletal system, and the potential impairment of other aspects of the body, general health and well-being.

Student and Parents/Guardians acknowledge and agree that they have been warned and cautioned against the participation of Students in such activities. Nevertheless, in order to facilitate participation of Student in such activity, Student and Parents/Guardians, agree that if student does engage in Big Cat Wrestling Club, Capistrano Valley High School Wrestling Booster, or Capistrano Unified School District events and activities including, without limitation, practices, conditioning sessions, athletic competition, games, or use of facilities provided at Capistrano Valley High School, Student and Parent/Guardians do so at their own risk.

Student and Parent/Guardians agree that student is voluntarily participated in these activities and using school facilities and premises and assumes all risk of injury, illness, damaged or lost that might result, including, without limitation, injury, illness, or death. Student and Parent/Guardians agree on behalf of themselves (and their personal Representatives, Ayers, Executives, administrators, agents and assigns) to release and discharge Big Cat Wrestling Club, Capistrano Valley High School Wrestling Booster, or Capistrano Unified School District, their employees, agents, representatives, coaches, assistant coaches, officials, successors and assigns, any and all claims or causes of action known or unknown that may arise of student in such activities and/or the negligence of the Big Cat Wrestling Club, Capistrano Valley High School Wrestling Booster, or Capistrano Unified School District. This waiver and release of liability includes, without limitation, injuries which may occur as a result of Student's participation in any of the activities associated with athletic training and competition in practice or neglect instruction or supervision of student. This may also include the actions, and actions, or negligence, of other participants at the event.

You acknowledge that you have completely read this waiver and release and fully understand it is a release of liability. You are waiving any right that you and may have to bring legal action or assert claim against Big Cat Wrestling Club, Capistrano Valley High School Wrestling Booster, or Capistrano Unified School District by reason of participation of Student in athletic activities.

Date	Student Printed Name	Student Signature
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Date	Parent/Guardian Printed Name	Parent/Guardian Signature
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Date	Parent/Guardian Printed Name	Parent/Guardian Signature
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