

BC Wrestling Provincial Spring Break Camp

-2014-

Preparation camp for
Cadet/Juvenile Nationals

- Learn from the BEST
- Train with the BEST
- Become the BEST!

FEATURED CLINICIANS

- Numerous national team members
- World team members
- Past and present Olympians and Olympic team coaches



Camp Schedule

Tuesday March 25 th , 2014	
Registration	11:00 – 11:30
Session 1 (Technique & conditioning)	11:30 – 1:00
Lunch / Kids Camp Begins	1:00 – 2:00
Session 2 (Scrimmage)	2:00 – 4:00
Testing (Selected athletes)	4:00 – 5:00
Wednesday March 26 th , 2014	
Session 3	10:00 – 12:00
Lunch / Kids Camp	12:00 – 1:00
Session 4	1:00 – 3:00
Conditioning	3:00 – 4:00
Thursday March 27 th , 2014	
Kids Camp	9:00 – 10:00
Session 5	10:00 – 12:00

****Schedule subject to change****

Equipment List

- ✓ Workout attire (changed daily)
- ✓ Wrestling boots & singlet
- ✓ Outdoor running shoes
- ✓ Towel & toiletries
- ✓ Notebook & pen
- ✓ Water bottle
- ✓ Packed lunch or money to purchase lunch

**\$95 – Highschool Wrestlers
(T-shirt included)**

\$30 – Kids Camp (Grade 1-7)

**“Everything to gain,
Nothing to lose”**

PrACTice like a Champion

Train while being taught by world class university and college coaches and athletes. The Spring Break Camp is designed to prepare you and give you a distinct edge over your opponents at this year's National Championships. Through a carefully designed sequence of personalized instruction, intense drilling, conditioning and live wrestling, you will be provided with the tools to be a champion.



Accommodations

[Ramada Coquitlam Vancouver](#)

\$85 per night plus taxes (**SPECIAL DISCOUNTED RATE!**)

Reservations call: 604-931-4433

Code: **BCWRESTLING**

Located close to all amenities and a 10 min. walk to Lougheed Mall, Skytrain and Bus #145 to SFU

Billiting (Boys) at \$20 a night – Contact John Pineda

Billiting (Girls) at \$20 a night – Contact Lyndsay Belisle



REGISTRATION FORM

Registration Procedure: **Do not mail payments in to the office.**

Please complete this form in full and submit it with your payment at the registration desk.

- Only registered BCWA members in good standing will be eligible to register. Athletes owing from previous camps or events will be required to remit those payments prior to registration for the Spring Break Camp. Please contact the office if you are unsure if you have a balance owing.
- Please make cheques payable to "BC Wrestling Association"
- All athletes **MUST** sign in at the registration desk prior to the camp March 25th between 11-11:30am

Camp Registration Fee:	<input type="checkbox"/> \$95.00 - Highschool <input type="checkbox"/> \$30.00 - Kids
Total Payment Fee Enclosed:	\$ _____
Method of Payment:	Cash: <input type="checkbox"/> Cheque: <input type="checkbox"/>

NAME OF ATHLETE: _____

AGE/GRADE: _____ BIRTHDATE (Y/M/D): _____

HOME ADDRESS: _____

CITY: _____ POSTAL CODE: _____

HOME PHONE: (_____) _____ 2ND PHONE CONTACT: _____

E-MAIL: _____

PARENT/GUARDIAN NAME: _____

EMERGENCY CONTACT NUMBER: _____

SCHOOL/CLUB: _____ COACH'S NAME: _____

Personal & Medical Information:

DOCTOR: _____ DR. PHONE: _____

Medical Care Card #: _____

Additional Information:

Please indicate child's T-shirt size (Standard adult size): A-Small A-Medium A-Large

How will your child be getting home? Walking Home Pick up

If pick up, who will be picking up your child? _____

Informed Consent & Liability:

I acknowledge that there are inherent risks associated with wrestling Programs & Services. I agree not to hold the staff of BC Wrestling Association, or any associated parties liable for personal injury, lost, stolen or damaged belongings. As a willing participant in this activity, my child agrees to follow the safety guidelines of staff & volunteers, the rules of associated service providers and the laws of the province of B.C. and Canada.

Legal Guardian: _____ Date: _____

Signature of Guardian

***Note:** Photographs and video will be taken of participants to be used for promotional purposes. Please inform the organizers if you have any concerns regarding your child being photographed.

BC WRESTLING PROVINCIAL SPRING BREAK CAMP & KIDS CAMP

MARCH 25 - 27, 2014



CAMP VENUE:

Simon Fraser University

**Cadet/Juvenile Preparation
Training Camp**

**See Registration Form for
Payment Instructions**

For more information contact:

Lyndsay Belisle
lyndsaybelisle@shaw.ca or 604-454-4159

John Pineda
johnpineda07@gmail.com or 604-537-5463

BC WRESTLING ASSOCIATION

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