

CAMP REGISTRATION:

Mail the registration form as soon as possible to guarantee your place in this year's camp. You should send in your individual form, even if your coach is taking care of deposits and transportation.

Technique: You will be instructed in the most effective forms of technique by many of the best clinicians and coaches available.

Live Wrestling: Last year our campers had over 21 full live match opportunities. A season worth of wrestling experience in 7 days.

Strength Training / Conditioning: Possibly the most challenging area of camp. Weight Lifting, Running, Sprints, Partner Lifts, Hills, Etc.

Positive Mental Attitude / Leadership: Each day concludes with a leadership development message delivered by one of the many inspiring guests on campus. (Family, Teamwork, Character, Goal Setting, Etc.)

CONTACT INFORMATION:

Scott or Cheryl Jones

Message Phone: (509) 467-5279

Cell: 509-599-3510

Email: waintensive08@yahoo.com

Mail your registration and make checks payable to:

**Washington Intensive
11109 Sunridge Court
Nine Mile Falls WA 99026**

Train with Champions



photo's by www.cauliflowerear.com

Welcome to the 2008 Washington Intensive:

We've designed a camp to provide a combative training environment for coaches and athletes that are seeking the same goal – State Titles. The camp's goal is to give you the foundation needed to help you lead your team back home. The "Washington Intensive" will train you in the four critical areas for success in the great sport of wrestling: technique, conditioning, strength training, and the most important of all – a champion mind set. Your coaches and counselors will wrestle, run, work out, and participate in all activities.

An aggressive style of "attack wrestling" will be taught. The process is rather simple: hard work, solid technique, and great sportsmanship, make for championship programs. We pride ourselves in teaching you a work ethic and mind set that will benefit you in wrestling and LIFE. The counselors and coaches are some of the best our state has to offer.

We encourage you to get your teammates together and make a serious commitment to improve this summer. Don't wait for your coaches to come get you...get up and lead. Your performance next year at the State Tournament is directly related to how you train in the off season.

Start planning your path towards becoming a CHAMPION today!

SEE YA AT CAMP

*Scott Jones - Craig Hanson
Camp Directors*

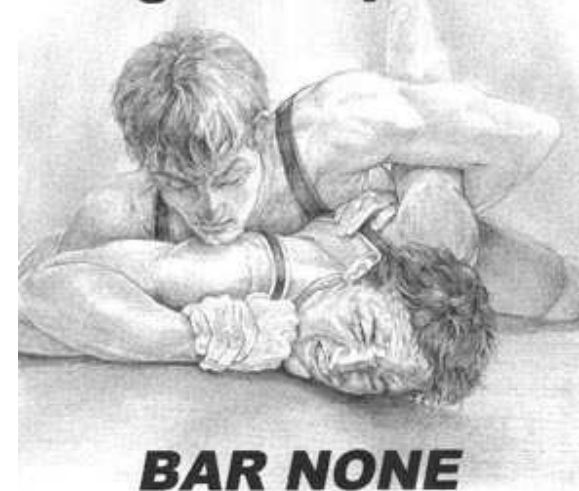
WASHINGTON WRESTLING INTENSIVE

"2008"

"Where Champions Prepare"

July 6 – July 12 – Spokane, WA

Toughest Sport ...



photo's by www.cauliflowerear.com

In our 13th year, the Intensive still has the same goal: To group great wrestlers and coaches together, and push each other to the CHAMPIONSHIPS. This camp will teach wrestlers how to elevate their wrestling training and competition to the "Level of Champions". This is for the very serious wrestler, which desires to train in a very disciplined and demanding schedule of wrestling and conditioning. Although the design was for teams, many individuals come on their own each year. Come train in a tough, positive environment!

“Washington Wrestling Intensive”

Each year athletes are treated to instruction from many of the best coaches and wrestlers in the Nation. The 2008 Intensive welcomes:

Boise State

CHRIS OWENS

ASSISTANT COACH – BOISE STATE
2X ALL AMERICAN – OKLAHOMA
STATE

IDAHO’S FIRST 4X STATE
CHAMPION

COLLEGE RECORD: 85-6
HIGH SCHOOL RECORD: 123-0

KIRK WHITE

ASSISTANT COACH – BOISE STATE
3X ALL AMERICAN – BOISE STATE
NCAA D1 NATIONAL
CHAMPION

NUMEROUS BOISE STATE
COUNSELORS

Justin Abdou

Simon Fraser University - COACH
2000 Olympian
11X-Canadian National Champion

OTHERS: Our guests in the past have been from all around the nation: Olympic training center coaches and athletes, High School

Coaches from all around the NW and college coaches from – BSU, NIC, UGF, MSN, OSU, UO, Etc. We have always run an excellent ratio of coaches/counselors to athletes. Typically this falls in the 7:1 ratio.

Being an Olympic qualifying year we have special guest pending results and team announcements.

Cost for the camp is \$275. A \$100.00 Non Refundable deposit is required with each application. Once this application is received, you will be sent confirmation of acceptance and additional camp information. Under \$40/day covers meals, a place to rest, great competition, and great CLINICIANS.

COMMUTER RATE: \$140

Commuters will attend from 10:15 till 3pm each day. They sleep at home and will be responsible for their own breakfast and dinner. Brown bag lunch will be provided each day. They will have a technique session, games, and live wrestling every day. They may come back to watch the live wrestling in the evenings but may not compete at this time.

This commuter option is primarily for youth wrestlers.

(GRADES K – 8) – Recruit a partner to train with.

TENTATIVE INTENSIVE CAMP SCHEDULE:

6:30AM WAKE UP CALL
6:45AM MORNING WORK-OUT

7:30AM BREAKFAST
9:00AM DUALS
10:15AM TECHNIQUE WRESTLING
12:01PM LUNCH
2:00PM DUALS
3:00PM INTENSIVE WRESTLING
5:00PM DINNER
7:30PM TOURNAMENTS

9:30PM MOTIVATION/MENTAL ATTITUDE
10:00PM TEAM MEETINGS
11:00 PM SLEEP LIKE A CHAMP!

REGISTRATION:

Check in will begin at 10:00 am on 1st day

ORIENTATION:

Following registration, orientation will be held outside the facilities. The athletes will take a small run to acquaint themselves with their surroundings. Our first practice will also occur at this time. Be dressed in your workout clothes. **CAMP HAS BEGUN!**

ATTENTION PARENTS / COACHES:

One of the highlights of this camp is the ceremony at the conclusion of the FINAL day. Family and friends are invited to attend this inspiring event. (est. 9:30AM)

Technique / Conditioning Training / Drills Motivation / Leadership

PROOF OF INSURANCE MUST BE BROUGHT TO CAMP WITH ALL WRESTLERS: It is imperative that you come to camp in good physical condition. You must have had a physical exam by a licensed physician within the past year. The camp does not grant refunds due to injury, illness or skin infections.

LIVE WRESTLING: With tournaments every night and live wrestling sessions every afternoon, you will receive close to a season worth of matches within the camp. Over 21 hours of live wrestling.

COST OF CAMP: At under \$40.00 per day, we are confident that this is the best value for you dollar and your WRESTLING development in the State. Compare other intensive environments 5-7 days near \$900.

LODGING AND MEALS: We are housed on the Campus of East Valley High School, we bring our own bedding, and will be staying in climate controlled rooms. This helps to keep your costs down, adds to the toughness of the training environment and aids in team bonding. Breakfast, lunch and dinner will be served by a catering company in the schools cafeteria.

DISCOUNTS and COACHES:

Coaches attend **FREE** with the registration of **six athletes**. 2nd Coach free at 12 wrestlers etc.. Cost is \$150 with less than six wrestlers.

CAMP STORE: Camp shirts, sweatshirts, shorts, underarmour, and hats will be available for campers, family, and fans. Snacks and treats will also be available along with a camp bank for security.

REGISTRATION FORM

Registration form must be returned with deposit prior to receiving your confirmation letter.

CAMP: (check one) INTENSIVE _____ or COMMUTER _____

NAME: _____

ADDRESS: _____

CITY: _____ ST.: _____ ZIP: _____

SCHOOL: _____ AGE: _____

T-SHIRT SIZE: _____

PARENTS NAME: _____

HOME PHONE: _____ CELL: _____

E-MAIL ADDRESS: _____

PARENTS E-MAIL: _____

INSURANCE COMPANY: _____

(PLEASE ATTACH COPY OF INSURANCE CARD)

PLEASE LIST ANY PRE-EXISTING MEDICAL CONDITIONS: (INCLUDE ALLERGIES AND ANY MEDICATIONS PARTICPANT WILL BE TAKING AT THE TIME OF CAMP)

LIST EMERGENCY CONTACT PERSON: _____

PHONE NUMBER: _____

PLEASE ATTACH YOUR \$100.00 NON-REFUNDABLE DEPOSIT WITH RETURN OF REGISTRATION FORM TO:

**WASHINGTON INTENSIVE
11109 SUNRIDGE COURT
NINE MILE FALLS, WA 99026**

IF YOUR REGISTRATION IS POSTMARKED AFTER JUNE 20TH, YOU MUST SEND A MONEY ORDER OR CASHIER'S CHECK FOR THE DEPOSIT. (NO PERSONAL CHECKS ACCEPTED AFTER JUNE 20TH)

I agree to allow my child to be treated by a licensed physician or registered nurse at the camp or licensed facility if need be while attending the Washington Intensive Wrestling Camp if necessary and to assume all costs related to such treatment. I understand that there is no refund on the deposit if we (parent or child) should cancel the application at any time. I have read and agree to the terms associated with the camp flyer and information sheets. I hereby waive my right to any and all charge backs against the Washington Intensive camps as outlined in the agreement. I understand that the camper attending the Washington Intensive using any camp facilities does so at his own risk. The host school district, its athletic department and staff are not liable for any damages arising from personal injury sustained by the camper during the camp session and so I hereby fully and forever exonerate and discharge the district, staff, Washington Intensive Camps, owners, employees, and other agents from any and all claims, demands, damages, right of action or causes of action, present or future, whether the same be known, anticipated or unanticipated, resulting from or arising out of the camper's participation in the camp session and in the use of facilities.

I HAVE READ AND UNDERSTAND THE MEDICAL and LIABILITY RELEASE AND I WILL BE RESPONSIBLE FOR ANY MEDICAL OR OTHER CHARGES IN CONNECTION WITH MY CHILD'S ATTENDANCE AT THE WASHINGTON INTENSIVE CAMP.

PARNET OR GUARDIAN SIGNATURE: _____

(Application will be sent back if there is no parent signature)

Please do not write below this line

**Deposit _____ chk# _____ Rec _____ Confirmation letter sent
Balance owed _____**