

**2010 Ultimate Wrestling Camp VI** at Snow Mountain Ranch YMCA of the Rockies **CAMP APPLICATION** (Each attending wrestler and coach must send in a completed registration form) Registrations must be posted May 15, 2010

Registration and Check-in will begin at 3:00 pm on Sunday, June 13th. Camp will conclude at 1:00 pm on Thursday, June 17th. Campers must be picked-up by 2:30 pm on Thursday, June 17th.

**COST FOR THE TEAM CAMPERS:**

**\$300/live-in camper**

Live-in Team Campers (Campers who will live in the residence halls)

**Lodging:** Each room will have between 4 and 6 campers. All Rooms have a private full bath.



**Commuting Team Campers:**

**\$175/camper** — This fee includes meals and camp fees.

**Coaches Fees**

**\$225/live-in coach \$125/commuting coach**

**Fees Include: 4 Nights lodging with 12 meals, Sunday dinner through Thursday lunch and all camp fees.**

**Campers may want to bring spending money for post evening session snacks and UNC wrestling shirts and shorts.**

It is important for every team planning to attend camp that we receive (by fax or mail) a copy of each of your wrestler's application forms. **May 15, 2009**

**A \$100 nonrefundable deposit OR full payment must accompany application**

**Coaches: Please, send all registrations together with team roster.**

Registrations must be to Snow Mountain Ranch by:

**May 15, 2010**

Each camp participant must have a signed and completed waiver sent with registration.

**\*\*\* Attention Parents \*\*\***

If campers do not follow camp rules, you will be asked to come to Snow Mountain Ranch to take them home.

**Wrestlers Personal Data and Registration Form**

Wrestler's Name \_\_\_\_\_

Parents or Legal Guardian \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Business Phone \_\_\_\_\_

Parent or Guardian E-mail: \_\_\_\_\_

Coach's Home Phone \_\_\_\_\_

Coach's E-Mail Address \_\_\_\_\_

Team attending camp with \_\_\_\_\_

Coach attending camp \_\_\_\_\_

Age at camp \_\_\_\_\_

T-shirt size (adult) S  M  L  XL  XXL

**Medical and Insurance Information**

Accident & Medical Insurance Company (**IMPORTANT**) \_\_\_\_\_

Policy Number \_\_\_\_\_

Company Address \_\_\_\_\_

Policy Owner \_\_\_\_\_

Medical Payment will be made by:

Parents  Student  Insurance Company

\_\_\_\_\_  
**\*\*\*\* Parent or Guardian Signature \*\*\*\***  
**(Allowing for medical Treatment if needed)**

Date: \_\_\_\_\_

**YMCA OF THE ROCKIES ASSUMPTION OF RISK/WAIVER OF LIABILITY**

**(ADULT ON BEHALF OF A MINOR CHILD)**

**PLEASE READ BEFORE SIGNING**

There are risks involved in this activity and/or these activities. Your child need not participate. It is your child's choice whether your child participates in these activities and to what level. Our philosophy is "Challenge by Choice," which means your child selects the degree of challenge (if any) to which your child will be exposed. However, in order for your child to participate at any level in these activities you must sign this document, and your signature forever waives your right (and your child's right) to sue the YMCA of the Rockies (and its directors, staff, employees and other contracted parties) for any injury your child may suffer arising out of their participation in this activity or these activities.

I acknowledge that there are risks and hazards in any of the activities in which my minor child has chosen to participate. These risks include, but are not limited to: physical injury, trauma, emotional injury, death and property damage. These hazards include but are not limited to: Falling from a height of up to 50 ft (climbing wall and high challenge course only); equipment failure; interference from other activities in the vicinity; high altitude (above 8,000 feet); and rigorous physical activity and exhaustion.

The activity or activities in which my minor child has chosen to participate may include physical challenges, which, if aggravated by high altitude conditions, may place unusual demands on my minor child's bodily systems. I acknowledge that this is not an exhaustive list of the risks or hazards my minor child may encounter, and that my minor child may encounter unforeseen situations.

**CERTIFICATION OF FITNESS**

I certify that my minor child is completely healthy (both physically and emotionally) and capable of participating in the activity or activities. I have listed below any medical conditions that the **YMCA** should be aware of which may hinder my minor child's participation in the activity or activities selected. **However, I understand that it is solely my responsibility to determine whether there is any medical reason that my minor child should not participate in the selected activity.**

DOES THE PARTICIPANT FOR WHOM YOU ARE SIGNING HAVE ANY MEDICAL CONDITIONS THAT WE SHOULD BE AWARE OF THAT MAY HINDER HIS/HER PARTICIPATION? NO \_\_\_ YES \_\_\_  
IF YES, PLEASE EXPLAIN

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**WAIVER OF LIABILITY:** In order that my minor child may participate in the activity or activities listed above, I forever waive my right (and my child's right) to sue the YMCA of the Rockies (including its directors, staff, employees and other contracted parties) for any injury my minor child may suffer arising out of my minor child's participation in these activities. I understand that by signing this document all liability of the YMCA (including its directors, staff, employees, and other contracted parties) to myself and my minor child for any injuries my minor child may suffer **arising out of my minor child's participation in the activity or activities listed above will be forever extinguished.**

I, THE UNDERSIGNED, HAVE READ, UNDERSTAND AND ACCEPT THE TERMS OF THIS ACKNOWLEDGEMENT OF RISK/WAIVER OF LIABILITY FORM. I FURTHER ACKNOWLEDGE THAT NO ORAL REPRESENTATIONS CONCERNING THIS DOCUMENT HAVE BEEN MADE TO ME AS AN INDUCEMENT TO SIGNING THIS DOCUMENT.

**NAME OF PARTICIPANT (PLEASE PRINT)**

AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

HOME PHONE: (\_\_\_\_) \_\_\_\_\_

WORK PHONE: (\_\_\_\_) \_\_\_\_\_

CELL PHONE: (\_\_\_\_) \_\_\_\_\_

IN THE CASE OF EMERGENCY PLEASE CONTACT:

NAME \_\_\_\_\_

PHONE : (\_\_\_\_) \_\_\_\_\_

SIGNATURE OF PARENT OR GUARDIAN:

\_\_\_\_\_  
DATE \_\_\_\_\_

UltimateWrestling Camp/ Snow Mountain Ranch  
**P.O. Box 169**  
**Winter Park, Colorado 80482**

**PLEASE MAKE CHECKS PAYABLE TO:**  
UltimateWrestling Camp/ Snow Mountain Ranch  
**AMOUNT ENCLOSED \$ \_\_\_\_\_**

## Camp Clinicians

### Featuring Clinicians from Boise State University Wrestling Team

**Ben Cherrington:** Assistant Coach University of Northern Colorado, NCAA D1 National Champion, 2X PAC 10 Champion, 2007 PAC 10 Wrestler of the Year, 4X NCAA National Qualifier, 3X Colorado State Champion.

**Ben Vombaur:** Assistant Coach University of Wyoming, 2x NCAA All-American - Boise State University

**Travis Shufelt:** Assistant Coach University of Wyoming, NCAA D1 All-American, University of Nebraska, Wisconsin State Champion.

**Leister Bowling:** 3 time NAIA All-American for Dana College, 3 time Colorado State Champion

### Camp Staff

**Kirk Smith-** 2008 NCAA Div I All-American, 2008 Fila World Trials Champion, Junior Pan AM freestyle champion, 2 time Idaho State Champion- Boise State University

**Andrew Hochstrasser:** 2009 NCAA All-American, 4 X Utah State Champion- Boise State University

**Nate Lee:** 3 time NCAA National Qualifier. 2X Pac 10 Champ, 4 time Arizona State Champion- Boise State University

**Adam Hall:** 2X NCAA Qualifier, 3 time Idaho State Champion, 2006 High School National Champion- Boise State University

**Tony Mustari:** 3 time NCAA qualifier, 2008 Olympic Trials qualifier, 3 time Colorado State Champion

**Justin Gaethje:** NCAA qualifier, Northern Colorado starting 157#, 3X Arizona State Champion

**Brandon Kammerzell:** Northern Colorado starting 174#.

**Justin Gonzalas:** 3X Colorado State Champion, UNC 149# varsity as true freshman

**Casey Cruz:** Colorado State Champion, UNC varsity 133#

Other UNC and Boise State wrestlers will also be in attendance

## Camp Highlights

**Technique Sessions:** Ben Cherrington will put on four technique sessions that provide techniques and drills that work. *This camp is not about fancy camp moves.*

**Personalized Team Coaching:** Each team will have their individual clinician, college wrestler, for the entire camp. This college wrestler will take a personal interest in each team member and making them a better wrestler.

**Team Dual Meet Competition:** Teams will compete in dual meets. 12 weights will be contested in each dual. Wrestlers may wrestle more than once per dual but only once for team points.

**Team Adventure Race:** Teams will compete in the *Ultimate Wrestling Camp VI* Team Adventure Race. Your team clinician will also be a member of your Adventure Team. Events will include a team trail run relay, team tire challenge, canoe relay and other events to test your competitive spirit. All equipment is provided by Snow Mountain Ranch.

**Coaching Clinic:** The University of Northern Colorado coaches and Boise State/ NC wrestlers will conduct a coach's only session. Technique, drills, weight training, motivation, and how to get to the next level are all possible topics for discussion.

**Other Camp Highlights:** Indoor swimming, miniature golf, horseback riding and team campfire goal setting session. Please request campfire with registration.

### E-Mail Contacts:

**Ben Cherrington:** [benjamin.cherrington@unco.edu](mailto:benjamin.cherrington@unco.edu)

**Mark Birdseye:** [mbirdseye@ymcarockies.org](mailto:mbirdseye@ymcarockies.org)

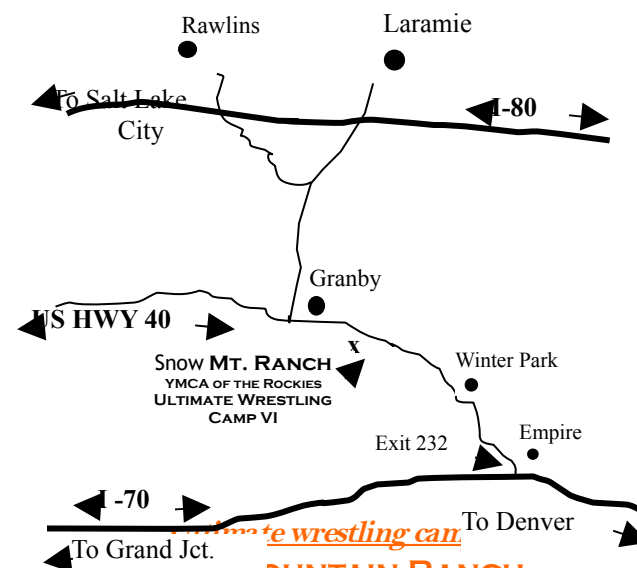
### Daily Schedule

7:00 am: Morning Trail Run  
 7:30 am: 8:15 am Breakfast  
 9:00 am—11:00 am: Technique Session  
 11:30 am: 12:15 pm—Lunch  
 1:00 pm—3:00 pm: Team Dual Competition  
 3:30 pm—5:30 pm: Team Adventure Race Competition  
 5:30 pm: 6:30 pm—Dinner  
 7:30 pm—10:00 pm: Team Dual Competition  
 11:00 pm: Lights Out

## Distance in Time

From:

Denver	1.5 hours
Colorado Springs	2.5 hours
Grand Island, NE	8.5 hours
Hays, KS	7.5 hours
Salt Lake City, UT	7 hours
Rawlins, WY	3 hours
Grand Junction	4.5 hours
Pueblo	4 hours



**Snow Mountain Ranch**  
**YMCA OF THE ROCKIES**  
 P.O. Box 169  
 WINTER PARK, COLORADO 80482  
[ymcarockies.org](http://ymcarockies.org)

Ben Cherrington.....208/859.5505(c)  
 970/351.1832(o)  
 Mark Birdseye... ..303/443.4743(o)  
 (Program Director at Snow Mt Ranch)

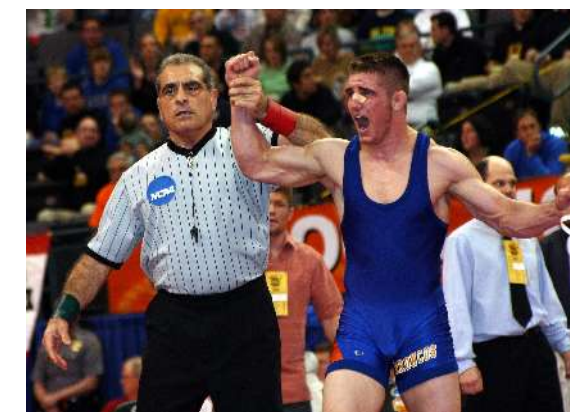
2010  
**UWVC**

**VI**

**ULTIMATE WRESTLING TEAM**  
**CAMP**

Sunday, June 13th—Thursday, June 17th

Ultimate training in the  
 Ultimate environment



**Ben Cherrington**  
 2006 NCAA National Champion

