

NEW JERSEY WAR OF THE ROSES ALL GIRLS SUMMER WRESTLING CAMPS

Sponsored by: **NXLFWA** [Register on trackwrestling.com](http://Register.on.trackwrestling.com)

WHEN: August 15 - 17, 2014

WHERE: The Wilson School, 271 Boulevard, Mountain Lakes, NJ 07046

COST: \$150 includes meals, instruction for 3 days and 2 nights stay - \$75 for Commuters, includes lunch only

CAMP DIRECTOR: Brent Harvey: War of the Roses Director/ Eastern Michigan University Women's Wrestling Head Coach

OBJECTIVE: The purpose of this camp is to help girl wrestlers improve technically, mentally, physically, in all areas of wrestling. This camp will strive to challenge all participants to grow technically as a wrestler and provide the knowledge to continuing development after leaving the camp. Across the nation there are hundreds of camps that you can attend but you will probably be the only girl there. This camp will provide you with an opportunity to practice in a setting where there are only GIRLS!

TENTATIVE SCHEDULE: *subject to change

Friday: 6-7 pm camp registration, 7-9 pm practice

Saturday: 7:30-8:30 Breakfast, 9-11 practice, 11:30-1 Lunch, 1-2:30 nutrition class/weight management, 4-6pm practice

Sunday: 7:30-8:30 Breakfast, 9-11 practice, 11:30-1 Lunch, 1-2 wrestling psychology, 3-5 practice, Pickup 5-6 PM

REGISTRATION FORM INFORMATION:

NAME _____ DATE OF BIRTH _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

E-MAIL _____ APPR. WEIGHT _____

GRADE Sept '2014 _____ SCHOOL/CLUB _____

YEARS WRESTLING _____

T-SHIRT SIZE: (Please circle one) YS YM YL S M L XL 2XL

PARENT/GUARDIAN INFORMATION:

NAMES _____

E-MAIL _____

Home# _____ Cell# _____ work# _____

RULES:

Wrestlers enrolled in the camp will be required to attend all sessions and to comply with the rules of the School District governing conduct of the student. Any Violation of these rules will be cause for immediate dismissal from the camp without a refund. **DISCLAIMER OF LIABILITY:** Michigan Women's Wrestling, War of the Roses Wrestling all girls wrestling camp, it employees any of its agents and all coaching staff do not assume liability of any injuries incurred while at the camp or on the way to and from camp. We do not assume responsibility for medical, dental, or other expenses incurred as a result of accidents. Parents should contact their own insurance carrier to get additional insurance, if needed. The enrollment disclaimer of liability must be signed and dated by the wrestler's parent or guardian. The wrestler attending the NXLFWA camps and facilities does so at his/her own risk. The NXLFWA and camp staff shall not be held liable for any damages or personal injury sustained by the wrestler during the camp. The wrestler and his/her parents assume full responsibility for and damages or injuries sustained during camp sessions. And so hereby fully and forever exonerate and discharge the Brighton Wrestling High School and camp staff, its owners, employees, and agents from any and all claims, demands, damages, rights of action or cause of action present or future, whether the same be known, anticipated, or unanticipated, resulting from or arising out of the wrestler whom participated in the camp sessions and in the use of both facilities. Note: Please read carefully before signing. Your signature will certify that the above information is accurate and fully understood.

Wrestler Signature _____ Date: _____

Parent/Guardian Signature _____ Date: _____

Registration Forms must be postmarked by August 1 to receive FREE T-Shirt

Must have USA Card to attend Maximum 50 wrestlers per camp Waroftheroseswrestling@gmail.com