

Name \_\_\_\_\_  
 Street Address \_\_\_\_\_  
 City \_\_\_\_\_ Zip \_\_\_\_\_  
 Current School \_\_\_\_\_  
 2016-2017 Grade \_\_\_\_\_ Age \_\_\_\_\_  
 Home Phone \_\_\_\_\_  
 Emergency Contact Person \_\_\_\_\_  
 Phone \_\_\_\_\_  
 E-Mail \_\_\_\_\_  
 Medical Insurance Co. \_\_\_\_\_  
 \_\_\_\_\_  
 Policy # \_\_\_\_\_  
 USA Card #: \_\_\_\_\_  
 T-shirt Size (circle one) sm med lg xl xxl xxxl

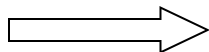
**Release Statement**

I give permission for my child to participate in the Center Circle Intensive Wrestling Camp July 23-28, 2017. I understand that injuries do occur in all athletic endeavors. I know of no medical ailments, which might affect his safety and participation in this camp. In the event my child requires medical care, I authorize the staff of the Center Circle Intensive Wrestling Camp to obtain for him whatever medical treatment the staff deems appropriate and necessary.

Parent/Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_

**2nd Signature Required**



**Concussion Information**

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a "ding" or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

**Symptoms may include one or more of the following:**

Headaches "Pressure in head" Nausea or vomiting Neck pain Balance problems or dizziness Blurred, double, or fuzzy vision Sensitivity to light or noise Feeling sluggish or slowed down Feeling foggy or groggy Drowsiness Change in sleep patterns	Amnesia "Don't feel right" Fatigue or low energy Sadness Nervousness or anxiety Irritability More emotional Confusion Concentration or memory problems (forgetting game plays) Repeating the same question/comment
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**Signs observed by teammates, parents and coaches include:**

Appears dazed Vacant facial expression Confused about assignment Forgets plays Is unsure of game, score, or opponent Moves clumsily or displays incoordination Answers questions slowly Slurred speech Shows behavior or personality changes Can't recall events prior to hit Can't recall events after hit Seizures or convulsions Any change in typical behavior or personality Loses consciousness
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What can happen if my child keeps on playing with a concussion or returns to soon?  
 Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.  
 If you think your child has suffered a concussion  
 Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new "Zackery Lystedt Law" in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:  
 "a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time" and  
 "...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider".  
 You should also inform your child's coach if you think that your child may have a concussion Remember its better to miss one game than miss the whole season. And when in doubt, the athlete sits out.  
 For current and up-to-date information on concussions you can go to: <http://www.cdc.gov/ConcussionInYouthSports/>

I have read and acknowledge the risk of injury and concussion from participation in sports such as wrestling:

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**MORE THAN 40% OF OUR CAMPERS FROM LAST YEAR HAVE ADVANCED TO THE 2017 STATE TOURNAMENT!!!**



**Camp Dates:  
 July 23 - 28  
 2017**

CENTERCIRCLEWRESTLING.COM

**Held at  
 Sedro Woolley High School  
 1235 3rd St  
 Sedro Wolley, WA  
 98284**

## ***Camp Clinicians/Counselors***

***Our goal is to provide top level competition and instruction for campers.***

**WE ARE CURRENTLY IN NEGOTIATIONS WITH COUNSELORS FROM UNIVERSITIES AROUND THE NATION**

Last years counselors hailed from:

Ohio State University  
Oregon State University  
Simon Fraser University  
Purdue University  
Oklahoma State University &  
Lehigh University

**CENTERCIRCLEWRESTLING.COM**

***“Center Circle camp inspired our wrestlers. Not only is the cost reasonable, but working with wrestlers from Ohio State, Oklahoma State, Simon Frazier, and other schools from across the country renewed their commitment to get better and train harder.”***  
***-NWC Coach-***

**As COUNSELORS are finalized for the camp roster we will post them on our camp Facebook Page:**

Center Circle Wrestling Camps

### **Schedule (typical day)**

6:30 - Wake Up Call  
6:45/7:45 - Morning Workout  
8:00/9:45 - Breakfast & Rest  
10:00/12:00 - Technique & Duals  
12:15/2:45 - Lunch & Rest  
3:00/5:00 - Intensive Session  
5:15/7:15 - Dinner & Rest  
7:30/9:30 - Duals & Competition  
10:15 - Motivation  
11:00 - Lights Out

### **Where**

Camp will be held at Sedro Woolley High School. Athletes will train in the gym/athletic facility and sleep in classrooms.

1235 3rd St  
Sedro Wolley, WA 98284

### **Cost**

\$375 Individual  
\$350 For teams/groups of 6 or more or registration by May 30th  
Make Checks Payable to

### **Center Circle**

**Ability to pay online via Credit Card available Mid -March**

### **Who**

High School wrestlers who are looking to improve their wrestling ability and be challenged to grow as athletes in a positive atmosphere. Incoming freshman should consult with their coaches .

### **Duals**

Campers will be placed on dual teams (ideally with their high school teams). Over the course of camp duals will take place multiple times daily in order to apply techniques and prepare for high school season

### **Our Goal:**

In order to prepare wrestlers for competition and life we must continually challenge them to grow as athletes and as people. Our group of clinicians are dedicated to providing instruction of winning techniques from all three primary positions. We believe that there are no “secret moves” and that position and solid technique is what wins wrestling matches at all levels!

In addition, our clinicians will share with campers strategies in life that have made them successful. It is our belief that it is these strategies, coupled with sound fundamental wrestling, are what is needed to thrive and excel at the highest levels.

These men are here at camp because of their character and ability to work with young people. Come ready to work with champions, like a champion and with a championship attitude.

Our camp will promote a combative atmosphere while teaching character and teamwork to all our athletes.

***“The coaching staff were top tier and provided time to wrestlers at camp and made the experience great.”***  
***-WESCO North Coach-***

**CENTERCIRCLEWRESTLING.COM**

**Brian Alfi - Camp Director**  
**Rob Zabel - Camp Director**

Center Circle  
PO Box 4085  
Bellingham, WA 98227

Email: [centercirclewrestling@gmail.com](mailto:centercirclewrestling@gmail.com)

# Center Circle Packing List & Check-In

## Things you **MUST** have:

Wrestling shoes

Running shoes/cross trainers

15 sets of workout gear (you will not be allowed to practice in soiled workout gear, each practice must be in clean workout attire) **Camp does not have laundry service.**

Shorts or sweatpants acceptable

Athletic socks and underwear (see above)

Towels for showering

Campers must have last name printed on the back of all workout shirts

Anti-bacterial soap/bodywash

Standard toiletries

Pillow and blanket/sleeping bag

Paper and writing utensil

## Things you **MAY(or should)** have:

Air mattress or sleeping pad/cot

Spending money (camp store will have items for sale; snacks, clothing, etc.)

Head gear for live wrestling (not required)

Personal training/support equipment (e.g.. knee brace, ankle brace, mouth guard, etc.)

Personal snacks and/or sport drinks (camp provides 3 meals a day)

**Valtrex supply for duration of camp (preventive medication available by prescription only)**

## What **NOT** to bring:

Alcohol/tobacco/illegal drugs

Expensive items such as Ipads, laptops, video game consoles etc.

Energy drinks

Hormonal supplements (Creatine, Andro, etc.)

Weapons of any kind

## Preparation for camp:

You should run daily

Weight lift daily (push-ups and sit ups at a minimum)

Prepare mentally to be challenged

**\*Camp registration/check-in is from 10 am – 1 pm on July 23<sup>rd</sup>\***

**\*CHECKOUT on the 28th is at 4:30 PM&\***