



SWC

SPARTAN WRESTLING CLUB¹

2021 L'IL HAMMERS WRESTLING CAMP



CAMP FOCUS: *Huge emphasis will be placed on **TOP WRESTLING** on how to **RIDE, TURN, & PIN!** However, we will hit on all fundamental wrestling positions: Neutral, Leg Attacks, Hand Fighting, Defense, and fundamental Mat Skills.*

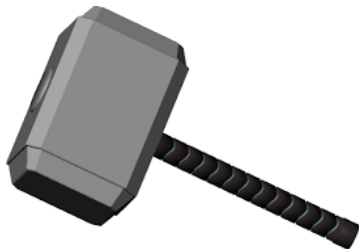
WHO: *For any wrestlers entering grades 1st – 10th.*

LOCATION: *Journeyman Wrestling Club Facility – NEW (Located Behind Panera in Malta)
100 Saratoga Village Blvd. Suite 22. Malta, NY 12020*

DATES: *July 12 – July 15, 2021*

DAYS: *4-Days, Monday – Thursday*

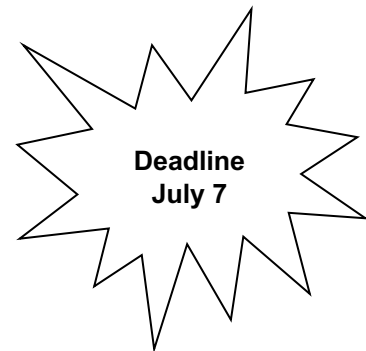
TIMES: *9 am – 12:15 pm*



DAILY SCHEDULE

(sample)

Check-In:	8:30 – 9 am
Warm-Up:	9 – 9:25 am ~ Water Break
Session I: Technique	9:30 – 10:15 am ~ Water / Snack Break
Session II: Technique	10:30 – 11:15 am ~ Water Break
Team Games/ LIVE:	11:20 – 11:40 ~ Water Break
Team Games/ LIVE:	11:45 – 12:00 n
Parent Pick-Up:	12:15 pm



THINGS TO BRING: Water Bottle w/ Name, Wrestling Shoes or Socks, T-Shirt, & Shorts.

We will have a snack break after the 1st session. PLEASE AVOID BRINGING ANY PEANUT OR NUT PRODUCTS AS WE MAY HAVE SOME INDIVIDUALS WITH PEANUT/NUT ALLEGRIES AND/OR SENSITIVITIES. Thank you for your cooperation with this!

COST: \$125. Includes Camp T-Shirt. Discounts for multiple family members.
Camp will be limited to the first 60 wrestlers that register.

COACHES: *Stephen Jones, Burnt Hills Varsity Wrestling Coach
& Other Assistants on hand to help.*

For Further Information Regarding Camp, Registration, or Questions:
Contact Camp Director: Steve Jones at (518) 573-8625 OR E-mail: swcwrestling360@gmail.com

¹ Spartan Wrestling Club is a d/b/a of Coach Stephen Jones.



L'IL HAMMERS CAMP REGISTRATION

(Please send registration form, general release and waiver, and payment prior to July 7)



PARTICIPANT INFORMATION:

Last Name _____ First Name _____ D.O.B. ___ / ___ / ___

Address _____ City _____ State ___ Zip Code _____

Entering Grade _____ Approx. Weight _____

PARENT/GUARDIAN INFORMATION

Parent/Guardian Name(s) _____ Home Phone # _____

Cell Phone # (Mom) _____ Cell Phone # (Dad) _____

E-mail (Required) _____

Emergency Contact _____ Emer. Phone # _____

T-Shirt Size (please circle): YS YM YL AS AM AL AXL 2XL 3XL

PAYMENT

Cost: \$125 * Make Check Payable To: Steve Jones

Send Check & Registration To:

Steve Jones
Spartan Wrestling Camps
45 Sandalwood Lane
Glenville, NY 12302

MEDICAL CONCERNS



GENERAL RELEASE AND WAIVER

I, the undersigned, on behalf of myself and my minor child (participant's first name and last)

_____, my heirs and next of kin, personal representatives, agents, insurers, successors and assigns (all hereinafter "Releasors"), hereby FOREVER RELEASE, DISCHARGE AND COVENANT NOT TO SUE Stephen Jones individually and Stephen Jones d/b/a Spartan Wrestling Club, Journeymen Wrestling Club or any of its affiliates or related entities, or any insurers, affiliated clubs, administrators, agents, directors, officers, state organizations, members, committees, volunteers, employees and any and all participants, officials, referees, coaches, host clubs, sponsoring agencies, sponsors, advertisers, local organizing committees (and if applicable) owners, lessors and operators of premises used to conduct any activities with the 2021 L'il Hammers Wrestling Camp, meet, practice or activity (all hereinafter "Releasees") from any and all liabilities, claims, demands, causes of action or losses of any kind or nature, past, present or future, direct or consequential, that I may hereinafter have from the beginning of time to the complete end of the Releasees sanctioned events, and in particular the sanctioned event referenced in the form above, including for PERSONAL INJURY, PERMANENT, TEMPORARY, TOTAL OR PARTIAL DISABILITY, DISFIGUREMENT, PARALYSIS AND ANY OTHER LOSSES OR DAMAGES TO PERSON OR PROPERTY OR DEATH, arising out of my participation in, attendance at or traveling to and from any of Releasees sanctioned events, including the 2021 L'il Hammers Wrestling Camp, or activities including, but not limited to, LOSSES CAUSED BY THE PASSIVE OR ACTIVE NEGLIGENCE OF THE RELEASEES, or hidden, latent or obvious defects in the facilities or equipment used.

Releasors understand and acknowledges that wrestling activities and the sport of wrestling in general have inherent dangers that no amount of care, caution, training, instruction, supervision or expertise can eliminate. RELEASOR EXPRESSLY AND VOLUNTARILY ASSUMES ALL RISK OF PERSONAL INJURY, PERMANENT, TEMPORARY, TOTAL OR PARTIAL DISABILITY, DISFIGUREMENT, PARALYSIS AND ANY OTHER LOSSES OR DAMAGES TO PERSON OR PROPERTY OR DEATH, sustained while participating in, attending, preparing for or traveling to and from any of Releasees sanctioned events, including the 2021 L'il Hammers Wrestling Camp, meets, practices or activities, including the risk of PASSIVE OR ACTIVE NEGLIGENCE OF THE RELEASEES, or hidden, latent or obvious defects in the facilities or equipment used.

Releasors acknowledge and fully understand that each participant in any of Releasees sanctioned events, including the 2021 L'il Hammers Wrestling Camp, meets, practices or activities, including Releasor, will be engaging in activities that involve risk of serious injury, including permanent, temporary, total or partial disability, disfigurement, paralysis and any other losses to person or property, including death, and that severe social and economic losses may result not only from Releasor's own actions, inactions or negligence, but also from the actions, inactions or negligence of others notwithstanding the rules of play or the condition of the premises or of any equipment used. Further, Releasor acknowledges and fully understands that there may be other associated risks with such activities which are not known or not reasonably foreseeable at this time.

I ACKNOWLEDGE THAT I HAVE HAD SUFFICIENT OPPORTUNITY TO REVIEW THE PROVISIONS OF THIS DOCUMENT AND UNDERSTAND ITS PURPOSE, MEANING AND INTENT.

Signature of parent or legal guardian

Date

Print name and relationship to minor