



TEAM ALASKA WRESTLING CAMPS (Offering 4 Camps)

Kids/Cadet "Intensive Camp"

June 7th-June 17th

@ Chugiak High School

Kids/Cadet "Technique Camp"

June 7th-June 10th

@ Chugiak High School

Cadet/Junior "Intensive Camp"

July 5th- 15th

@ South Anchorage High School

Cadet/Junior "Technique Camp"

July 5th- 8th

@ South Anchorage High School

2010 TEAM ALASKA CLINICIANS/COUNSELORS

MARK LANE- HEAD COACH- KOTZEBUE HIGH SCHOOL
(MONTANA STATE-NORTHERN- National Champion)

SCOTT NORTON- HEAD COACH- HIGHLINE JUNIOR COLLEGE
(UNIVERSITY OF OREGON- 3X PAC 10 CHAMPION, 1997 DIVISION 1 ALL-AMERICAN)

CAYLE BYERS- 2x ALASKA STATE CHAMPION
(GEORGE MASON UNIVERSITY)

ELI HUTCHINSON- 4X ALASKA STATE CHAMPION
(BOISE ST. UNIVERSITY)

DARIN PESTRIKOFF- 3x ALASKA STATE CHAMPION
NJCAA ALL-AMERICAN

*Other Current Collegiate Wrestlers will be attending both camps!

For more information visit: www.ausaw.org

Western Regionals June 20th - 26th @ Pocatello, ID.

Kids Nationals June 28th- June 30th @ Orem, UT.

Cadet/Junior Nationals July 18th-24th @ Fargo, ND.

2010 AUSAW Team Alaska Camp Application

*All forms must be completely filled out and signed or will be returned.
Please type or print clearly!*

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone (_____) _____

School You Attend _____

Grade (Current School Year) _____ Age at Camp _____

Present Weight _____

E-Mail (Parents) _____

Notable accomplishments:

Camp Goals:

Mail Completed Package to:

Team Alaska Kids/Cadet Camp

C/O Tom Ritchie

10321 Red Cedar Circle

Anchorage, AK. 99507

907- 748-2245

Email: ritchie_tom@asdk12.org

For more information or to download a copy of this application, please visit:

www.ausaw.org

Contact Tom Ritchie at ritchie_tom@asdk12.org or 907-748-2245 for information about the day to day camp operations.

Team Alaska Wrestling 2010

Information for Medical Emergency Treatment

Name of Wrestler: _____ USA Card # _____
Date of Birth: _____
Parent/Guardian: _____ Relationship: _____
Address: _____ City: _____ State: _____
Zip _____ email address: _____
Home Phone: _____ Work Phone: _____
Other _____

Emergency Contact in the event we are unable to contact you directly:

Name: _____ Relationship _____
Home Phone _____ Work Phone _____ Other _____
Family Doctor _____ Emergency Phone _____
Insurance Company _____ Policy Number _____

Instruction for Medical Treatment

Please read the following alternative statements below.

Check the only one that you desire and endorse only one with your signature.

_____ If my son / daughter needs medical treatment during this USA Wrestling event, it is my wish that the necessary treatment be initiated while efforts are being made to contact me. So that treatment will not be delayed, I consent to any medical procedure that the physician believes is necessary, on the understanding that efforts will continue to be made to reach me. I accept responsibility for all costs related to such treatment.

_____ I hereby appoint the Chief Medical Officer of this USA Wrestling event as my agent and representative for the purpose of authorizing and consenting to hospital, medical, and surgical care and treatment, which in his opinion is necessary for the well being of my son / daughter during this USA Wrestling event. I accept responsibility for all costs related to such treatment.

_____ If my son / daughter needs medical attention, it is my wish that I be contacted before any medical procedures are initiated, unless immediate treatment is necessary to save life or to prevent permanent injury. I accept responsibility for all costs related to such treatment. This is to certify that as parent / guardian of this athlete, I do consent to their release as specified per the official tournament entry form and I release USA Wrestling, Alaska USA Wrestling, and the organizers of the USA Wrestling event from any and all liabilities incident to their involvement at this event.

Parent / Guardian signature

_____ Date _____

Medical History Team Alaska Wrestling 2010

Name of Wrestler: _____ USA Card # _____

Please circle the correct answer (Y) "Yes", (N) "No." Use the Space below to explain further those items you answered "Yes" to. If you need more space than is provided, please use the back of this form or attach a separate piece of paper. This information will be reviewed by the coaching staff / chaperones and held confidential. If an incident occurs which requires medical attention, this information will be provided to the attending medical personnel.

What is the date of your last physical exam: _____

1. Y N Are you taking any prescribed medication?
2. Y N Are you known to be allergic to any general medication?
3. Y N Do you have any other allergies?
4. Y N Have you ever been treated for diabetes?
5. Y N Have you ever had an epileptic seizure or might have epilepsy?
6. Y N Has a doctor diagnosed you anemic or sickle cell anemia?
7. Y N Have you ever had high blood pressure?
8. Y N Have you ever had heart, kidney, liver, or lung disease?
9. Y N Have you ever had asthma? Are you currently under medication for asthma?
10. Y N Have you ever had a hernia? Was it repaired?
11. Y N Have you ever been "knocked out" or experienced a concussion? Did it require hospitalization?
12. Y N Have you ever had an injury to your neck or back involving nerves, vertebrae, or spinal disks and did this injury incapacitate you for longer than a week?
13. Y N Have you ever experienced pain in your neck or back for longer than a week?
14. Y N Do you wear dental appliances?
15. Y N Do you wear contact lenses? If "Yes," which type? Soft Hard
16. Y N Have you ever had a fracture in the last three (3) years?
17. Y N Have you ever had a shoulder injury that incapacitated you longer than a week?
18. Y N Have you ever had a knee injury with severe swelling that incapacitated you longer than a week?
19. Y N Have you ever had an ankle injury with severe swelling that incapacitated you longer than a week?
20. Y N Have you ever had a foot or toe injury that incapacitated you longer than a week?
21. Y N Have you ever had corrective surgery due to injury in the last three (3) years?
22. Y N Have you ever had surgery in the past three (3) years?
23. Y N Do you have any other medical condition not mentioned above? Please list below.

Please provide an explanation for any of the above questions that you have answered "Yes." Please continue on the back of this sheet or on a separate piece of paper. Also list any hospitalizations or surgeries you have had over the past three (3) years.

Parent / Guardian signature

Date

Wrestler's signature

Date

Feel free to communicate any additional information you feel necessary in order for us to make Team Alaska Camp a positive experience for your athlete.

Assumption of Risk, Waiver, and Release of Liability

Name of Wrestler: _____ USA Card # _____

IN CONSIDERATION FOR the opportunity to participate in the EVENT described below, PARTICIPANT acknowledges, agrees and affirms the following:

1. The following words used in this document will have the meaning indicated:

A. "EVENT" shall mean the **AUSAW CAMP/AUSAW WESTERN REGIONALS/AUSAW NATIONALS/OTHER SANCTIONED EVENT**

B. "AUSAW" shall mean Alaska USA Wrestling, and its directors, officers, members, employees, officials, committees, affiliates, agents and their successors and assigns.

C. "EVENT ORGANIZER" shall mean a club, local organizing committee or any other person or entity responsible for hosting, conducting, and/ or sponsoring the EVENT, including any director, officer, member, official, committee or agent thereof and their successors and assigns.

D. "PARTICIPANT" shall mean the undersigned individual who competes or is involved in the EVENT and his/ her parents, legal guardians, heirs, personal representatives and their successors and assignees.

E. "PERSONAL INJURY" shall mean and include any bodily injury; permanent, temporary, total or partial disability; paralysis; dismemberment; or death.

F. "PROPERTY DAMAGE" shall mean and include damage or destruction to PARTICIPANT'S gear, equipment and all other personal property or belongings.

G. "MEDICAL TREATMENT" shall mean and include all emergency medical treatment, medical procedures, hospitalization or other care rendered to PARTICIPANT in connection with or resulting from his/ her participation in EVENT.

H. "LOSS" shall mean and include any and all liabilities, losses, damages and claims (including reasonable costs and attorneys' fees), which are suffered or result directly or indirectly from PERSONAL INJURY, PROPERTY DAMAGE and/ or MEDICAL TREATMENT to PARTICIPANT, or others, and which are incurred during or in the course of PARTICIPANT'S preparation for, participation and involvement in, and travel to or from the EVENT or the conduct and management of the EVENT.

2. By issuing a sanction for the EVENT, AUSAW is not responsible or liable for the management or conduct of the EVENT, unless AUSAW has otherwise expressly agreed in writing to serve in such role.

3. PARTICIPANT understands and appreciates the risks of serious injury that may occur in the sport of wrestling or in the course of preparing for, participating in and traveling to or from the EVENT, and that such activities may involve risks, including PERSONAL INJURY.

4. PARTICIPANT knowingly and voluntarily assumes all such risks of LOSS and all legal and financial responsibility therefore.

5. PARTICIPANT releases, waives any claims and promises not to sue the EVENT ORGANIZER and/ or AUSAW with respect to any LOSS incurred during or in connection with his/ her participation in the EVENT, any activities associated with the EVENT and the conduct and management of the EVENT (including as may result from the negligence of the EVENT ORGANIZER), except any LOSS which is the result of gross negligence and/ or willful or wanton misconduct by the EVENT ORGANIZER.

PARTICIPANT further agrees to hold harmless and indemnify the EVENT ORGANIZER and/ or AUSAW from any claims brought against the EVENT ORGANIZER and/ or AUSAW resting from, arising out of or in any way associated with any LOSS.

6. Prior to participating in the EVENT, PARTICIPANT shall have the right to inspect the facilities and equipment to be used and, if PARTICIPANT discovers any condition which he/ she reasonable believes to be unsafe, PARTICIPANT will immediately cause EVENT officials to be notified of such condition and will not participate in the EVENT so long as such condition exists.

Check One:

- The above athlete will be traveling with his parent or legal guardian to (circle one) Kid/Cadet Western Regionals, Kids Nationals, Junior & Cadet Nationals.
- The above athlete will be traveling under the supervision of the chaperone listed below. The chaperone is solely responsible for the athlete listed above and has medical and contact information provided by the parent or guardian.

Chaperone Name and Contact Information: _____

BY SIGNING THIS DOCUMENT, PARTICIPANT ACKNOWLEDGES HAVING READ AND UNDERSTOOD ITS MEANING AND CONTENTS.

Signature of Competitor

Date

Signature of Parent or Guardian

Date

Team Alaska Wrestling 2010

Participant Statement of Conduct and Discipline Policy

Wrestler: _____ USA Card # _____
I, _____, agree to participate as a member of *Team Alaska*
to compete at the _____ from _____ through _____
If multiple events, list here: _____

I understand that my participation on this team is an earned privilege that can be revoked if my attitude or actions do not follow this Statement of Conduct. If said privileges are revoked, no refunds will be made.

I understand that my actions during this participation must be conducted in a responsible manner within the expectations of the coaching staff and chaperones in order to reflect a high standard of conduct. As an Alaskan competitive athlete, I will act as a sportsman toward my team, opponents, coaches, and officials. I acknowledge that the coaching staff will be responsible for my safety and welfare, as well as the other athletes and decisions will be made for the greater good and thus, I willfully shall abide by their rules, policies and accept their supervision.

For the duration of this event, I agree that the following statements of conduct are true and shall be followed:

1. I will not bring shame to Team Alaska based on my attitude, behavior or unsportsmanlike acts.
2. I understand I'm representing Alaska Wrestling and that how we win is more important than what we win.
3. I understand I'm responsible to be prepared to wrestle and will ensure my body is ready for battle.
4. I will lookout for my teammates and associated gear and personal items.
5. I will not use or have in my possession weapons, illegal drugs, or alcohol.
6. I will respect the property of others and will not act to damage or steal it.
7. I will respect and follow direction from the coaching staff and chaperones and will observe all rules of the host site for this event.
8. I have read and agree to the Athletes Agreement on the official tournament entry form and agree to abide to the rules and regulations of USA Wrestling.

I fully understand that any action contrary to the above conduct or its intent will subject me to disciplinary action, exclusion from the competition at this event and / or future participation in Alaska USA Wrestling sponsored events. Disciplinary action will be rendered under consultation with the coaching staff and parents or guardian. Depending on the severity of my actions, the coaching staff and chaperones have the right to return me immediately to Alaska at the expense of the parent or guardian.

I have read and understand the Statement of Conduct and Discipline Policy and acknowledge that my son / daughter understand the intent and I accept my financial responsibility in its execution.

Parent / Guardian Signature _____ **Date** _____

I have read and understand the Statement of Conduct and Discipline Policy
Wrestler's signature _____ **Date** _____

2010 Team Alaska Camp

Registration Checklist

****All application packages must be received by Tom Ritchie NLT May 28th, 2010****

- 2010 AUSAW Team Alaska Wrestling Camp Application

- Participant Statement of Conduct and Discipline Policy
- Risk Waiver and Release of Liability Form
- Medical History Form
- Information for Medical Emergency Treatment Form
- Valid USAW Wrestling Card # (copy)
- Check for \$250-Kid Cadet Camp to: AUSAW (Team Alaska Camp) June 7th-17th**
- Check for \$125- Kid Cadet "Technique Camp" to AUSAW June 7th- 10th**
- Check for \$250- Cadet/Junior Camp to: AUSAW (Team Alaska Camp) July 5th- 15th
- Check for \$125- Cadet/Junior Camp to: AUSAW July 5th- 8th

- Please review the Team Alaska Camp Flyer "Frequently Asked Questions" section and check www.ausaw.org for updated camp info and additional applications.
- If you are traveling from out of town and require housing make sure you have coordinated with your camp director to help arrange a host family, airport pick-up/drop-off, etc. (Those staying w/a host family generally provide that family \$150 to cover food, transportation, etc.)
- 2010 Western Regions Wavier form filled out with entry fees included (separate check than camp fee) if wrestling at regions. You can find the Western Regions Waiver form at http://www.themat.com/events/Release_Waiver.pdf

Things you need to bring:

- Multiple changes of work-out gear (shirts, socks and shorts)
- Good pair of running shoes
- Large personal water bottle (hydration is a must)
- Head Gear
- Towel soap and shampoo if wrestler chooses to shower on lunch break
- Lunch
- Winning attitude.

Team Alaska Kid/Cadet Wrestling Camp & Cadet/Junior Camp
C/O Tom Ritchie
10321 Red Cedar Circle
Anchorage, AK. 99507
907-748-2245
Email: ritchie_tom@asdk12.org

Team Alaska Frequently Asked Questions 2010 Wrestling

Q: What is Team Alaska Wrestling?

A: Team Alaska Wrestling is an entity operating under the auspices of Alaska USA Wrestling its Board of Directors, and USAWrestling-the national governing body for U.S. Olympic wrestling. Our primary focus is to prepare Alaskan Wrestlers for the elevated levels of regional and national competition, promoting the sport of wrestling, and bringing athletes from across Alaska together as one team to represent our state. This is accomplished through our developmental camps and logistical support for athletes. Alaska USAWrestling is a non-profit organization. The AUSAW Board is comprised of volunteers who work tirelessly to provide an opportunity for Alaska's toughest athletes to excel in Alaska's toughest sport.

Q: To which Outside Tournaments are the Team Alaska Camps geared?

A: These are events our wrestlers prepare for.

1. West Kids & Cadet Regional Championships (June 20-26) Pocatello, ID.
2. ASICS/Kids National Championships (June 28-June 30) Orem, UT
3. ASICS/Vaughn Cadet & Junior National Championships (July 18-24) Fargo, ND

Q: Does Team Alaska book travel arrangements or provide chaperones for athletes traveling "Outside"?

A: No. Team Alaska only ensures a coaching staff is in place along with other logistical support. It is your responsibility to designate who has direct responsibility for your athlete while on the road. Often other parents/coaches, able to travel with their wrestler, will be more than willing to chaperone. However, it is YOUR responsibility to make the arrangements. Team Alaska will provide you information on where the coaching staff will be staying/flights they're on, but it is YOUR responsibility to make the necessary reservations. One exception is the trip to Cadet & Junior National Championships in Fargo, ND. Generally, athletes arrange air travel through a designated travel agent, will travel together, and room in a North Dakota State dormitory. Contact Tom Ritchie at: (ritchie_tom@asdk12.org) for more info or go to www.ausaw.org

Q: When and where do Team Alaska Camps take place and which Team Alaska Camp is right for my athlete?

A: If your wrestler was born 1994-2000, the Kid/Cadet camp, held at Chugiak High School, (**June 7th-17th**) is a good bet. This camp is rigorous, yet staffed to accommodate needs of younger wrestlers while keeping the overall intensity high. The ratio of Clinicians to wrestlers is maintained at 8:1 or less and this limits the number of campers we can accept. If your wrestler was born pre-1990-94 is still in H.S., very experienced, exceptionally fit, and a dedicated athlete, you should consider the Junior/Cadet Camp to be held at South Anchorage High School (**July 5 to July 15**). This camp is patterned on the most physically and mentally intensive training found anywhere, period. Reminder: Your wrestler has to be in excellent shape BEFORE camp begins. All members of Team Alaska **must** attend this camp if planning to compete in Fargo.

Q: We live a great distance from Anchorage. Is housing available for my wrestler?

A: Yes! We make every effort to accommodate wrestlers traveling from across Alaska. We'll arrange airport pick-up and drop-off. Team Alaska recommends the modest fee of \$150 to your host family as they will house, feed and, arrange transport for your wrestler. Some great and lasting friendships have been forged with host families and folks from across our state. Contact: Tom Ritchie (Team Alaska Camp Director) Email: ritchie_tom@asdk12.org to find out more or go to www.ausaw.org.

Team Alaska Frequently Asked Questions 2010 Wrestling

Q: My wrestler isn't planning to attend a regional or national tournament. Can he/she still attend a Team Alaska Camp?

A: Yes. Although camp focuses on preparing athletes to go up against our nation's best wrestlers, a positive "side-effect" for those completing camp is attaining the best personal physical shape and toughness ever. They'll be more competitive in any sport. Not only do attendees leave camp with better wrestling skills, they'll also understand the commitment required for national competition. Think we're kidding? Thirteen of fourteen 2006, 2007 and 2008 State 4A High School Wrestling Champions are Alaska USA Wrestling competitors. In 2008, nine of the 4A Champions attended Team Alaska Camps (including the first woman in the U.S. to ever win a high school state title). Results speak volumes.

Q: We're traveling to an Outside tournament, is my wrestler required to wrestle at the weight he competed in at the AUSAW State Championships?

A: Believe it or not, the average camper will drop 1 to 2 weight classes at camp. In a nutshell, if you win a weight class at the state tournament you receive the first slot in that weight class at nationals, you can switch weights at the camp, and most likely will, but the first slot goes to who ever won this at state if they remain at that weight. Rest assured your athlete will be at his/her most competitive weight. Both Team Alaska Camps are state qualifying events and the staff will conduct an official weigh-in at the conclusion. Our biggest concern is that Alaskan Wrestlers, in the same age/weight are on opposite sides of the bracket to assure they get exposure to a variety of wrestlers with which they haven't competed.

Q: My wrestler was unable to compete at the AUSAW State Championships. Can he/she still compete at a regional or national tournament?

A: Yes, but only with approval of your AUSAW State Age Group Director. We realize and accept there are bona fide reasons (such as illness or family emergencies) which can prevent an athlete from competing at AUSAW State Championships. If the AUSAW Age Group Director concurs a bona fide emergency was the reason, the athlete will be allowed to compete. Additionally, that athlete will be required to attend a Team Alaska Camp as this satisfies the national governing body (USA Wrestling) requirement that athletes compete in a state-sanctioned event. (Team Alaska Camp will serve in lieu of the state tournament as an "event qualifier"). However, the best bet is attending the AUSAW State Tournament.

Q: Compared to other wrestling camps, what makes Team Alaska Camps a good value?

A: Team Alaska Camps afford Alaskan Wrestlers the opportunity to participate in a level of training as good as, and in most cases, better than any found in the Lower 48. In addition to saving on travel costs, Team Alaska Camp includes many extras.

Team Alaska Camps have been presented for nearly 15 years. Our ongoing focus is on the long term development of Alaska's wrestling talent. No other wrestling program in Alaska has our breadth and depth. Team Alaska Camps are sanctioned and insured through USA Wrestling (the national governing body for U.S. Olympic Wrestling). Camp staff is comprised entirely of "Alaska Grown", nationally recognized talent. Every coach/clinician holds a USA Wrestling Coaches Card, and has completed classroom training and certification under the NCEP (National Coaches Education Program).

Typical Schedule for Intensive Camps

8:00-9:00	Running/Weights
9:00- 9:30	Break
9:30- 11:30	Session I- Technique
11:30- 12:30	Lunch- bring your own
12:30- 2:30	Session II- Technique
2:30- 3:00	Break
3:00- 4:00	Session III- Live Wrestling/Conditioning

Typical Schedule for Technique Camps

9:30- 11:30	Session I- Technique
11:30- 12:30	Lunch- bring your own
12:30- 2:30	Session II- Technique
2:30- 3:00	Break
3:00- 4:00	Session III- Live Wrestling/Conditioning