

READ THIS DOCUMENT COMPLETELY BEFORE SIGNING. ITS EFFECT IS TO RELEASE THE UNIVERSITY OF NORTHERN COLORADO FROM ANY LIABILITY RESULTING FROM YOUR PARTICIPATION IN THE ACTIVITIES DESCRIBED BELOW AND WAIVES ALL CLAIMS FOR DAMAGES OR LOSSES AGAINST THE UNIVERSITY. RELEASE FROM RESPONSIBILITY, ASSUMPTION OF RISK AND WAIVER

In consideration of my being permitted by the University of Northern Colorado to participate in the 2010 University of Northern Colorado Wrestling Camps at the University of Northern Colorado.

I, _____, a student at _____, exercising my own free choice to participate voluntarily in the above named activities, and promising to take due care during such participation, hereby release and discharge, indemnify and hold harmless the State of Colorado acting through the Board of Trustees of the University of Northern Colorado, and their officers, agents, employees, and any other persons or entities acting on their behalf, and the successors and assigns for any and all of the aforementioned persons and entities, against all claims, demands, and causes of action whatsoever, either in law or in equity, relating to injury, disability, death or other harm, to person or property or both, arising from my participation in and/or presence at the above listed activities.

I acknowledge that I am aware of any hazards and risks, which may be associated with my participation in the above named activities. I understand, accept, and assume those hazards and risks, and waive all claims against the State of Colorado acting through the Board of Trustees of the University of Northern Colorado, and other persons as set forth above. I understand that I am solely responsible for any costs arising out of any bodily injury or property damage sustained through my participation in normal or unusual acts or conduct associated with the above named activities. I have had sufficient time to review and seek explanation of the provisions contained above, have carefully read them, understand them fully, and agree to be bound by them. After careful deliberation, I voluntarily give my consent and agree to this Release, Assumption of Risk and Waiver.

Read and executed this _____ day of _____, 2010.

Signature _____
Witness _____

If student is under the age of 18, his or her parent or legal guardian must also sign.

I, (printed name) _____, am the parent or legal guardian of the student who has signed above. I have read and understand the provisions of this document, I consent to the student participating in the activities described above, and I fully enter into and agree to the above Release from Responsibility, Assumption of Risk and Waiver.

Signature of Parent or Legal Guardian _____ Date _____

COACHES:

Ben Cherrington
Head Coach

- 2006 157lb NCAA Champion for Boise State University
- 2005 & 2006 Pac-10 Champion
- 2006 Pac 10 Wrestler of the year
- 3 time Colorado High School State Champion

Austin DeVoe
Assistant Coach

- 2006 NCAA Qualifier for the University of Missouri
- 2002 Freestyle University Nationals Champion
- 3 time Kansas High School State Champion
- Kansas Jr National Freestyle/Greco-Roman Coach

Leister Bowling
Assistant Coach

- 2003, 2004, 2005 NAIA All-American for Dana College
- 2006 NAIA National Runner-Up
- 4 time NAIA Central Region Champion
- 3 time Colorado High School State Champion

COUNSELORS/UNC WRESTLERS:

Tony Mustari – 3 time CO State Champ,
3 time NCAA Qualifier

Justin Gaethje – 3 time AZ State Champ, NCAA Qualifier

Sam Bauer – 2 time WA State Champ

Justin Gonzales – 2 time CO State Champ

Hugh Hardman – 2 time CO State Champ

Colton Huskey – 2 time CO State Champ

Casey Cruz – CO State Champ

Brandon Kammerzell – CO State Champ

Mike Morgan – CO State Champ

Mike Smith – CO State Champ

Tanner Weiks – WA State Champ

Ben Cherrington's University of Northern Colorado Wrestling Camps



Team Camp
June 27-July 1, 2010

Intensive Camp
June 27-July 1, 2010



TEAM CAMP

Ben Cherrington's Northern Colorado Team Camp is designed for high school teams and coaches looking for an all around camp that combines dual competition with technique instruction. Participants will train and compete against wrestlers from various high school teams as well as train along side current student-athletes within the Bears program. A structured camp environment will provide daily dual competitions, team building exercises and individual technique attention from the UNC camp staff. Training will consist of three 2-hour sessions each day linking new technique, daily technique review, drilling, dual matches, strength training, and conditioning. This camp is designed for athletes of all abilities and is geared toward high school teams. (Individual campers may attend and will be assigned a team.) Each team will be coached and trained by a University of Northern Colorado wrestling counselor.

KEY REASONS TO ATTEND:

- An aggressive style of wrestling will be taught along with drills that compliment wrestling techniques
- Combination of technique combined with competition each day
- Outstanding clinicians to teach the most current technique in the sport
- Team building for the upcoming season
- Certified strength and conditioning training
 - Designed specifically for wrestling coaches
 - Coaches can bring current programs for evaluation

INTENSIVE CAMP

Coach Cherrington's Northern Colorado Intensive Camp will encompass basic fundamentals to advanced match strategies with an emphasis on hard work and dedication. Campers will be pushed to their limits in many areas of training. There will be early morning strength and conditioning sessions along with three on-the-mat workouts each day. The intensive campers will be formed into teams for dual competitions. This camp is ideal for wrestlers with multiple years of experience in the age range of 8th grade through seniors in high school.

KEY REASONS TO ATTEND:

- A chance to test yourself physically and mentally
- Will be trained by and alongside Northern Colorado Wrestlers
- Will learn what it is like to train at the highest level
- You will be pushed to your limits through intense on and off the mat training

LODGING AND MEALS: Campers and coaches will be housed in University of Northern Colorado residence halls. Roommates may be requested and will be assigned at check-in. Residence Halls will be supervised 24 hours a day. Participants must be 12 years of age or older to stay on campus. Exceptions may be made on a case-to-case basis. A campus dining facility will provide all-you-can eat meals throughout the camp. Commuters may pay for individual meals at the dining facility.

- Adults = 13 yrs and above
Breakfast – \$7.25, Lunch – \$9.75, Dinner – \$9.75
- Children = 4-12 yrs old
Breakfast – \$5.25, Lunch – \$6.25, Dinner – \$6.25

SAFETY AND INSURANCE: Supervision is provided at ALL times. The UNC athletic training facility will be staffed with certified trainers during all sessions. Campers are required to show proof of medical insurance before the camp begins.

TRAINING STAFF: An athletic trainer will be on hand every session to handle all injuries. It is recommended that wrestlers come to camp in good physical condition to reduce the chance of injury.

REGISTRATION: To pre-register pay in full or send a \$100 non-refundable deposit with your registration form. There will be a \$25 service charge on all returned checks. Balance of fee must be paid at check-in with Cash or Money Order. Early registration is highly recommended. No refunds 7 days prior to start of camp. Coaches must send a registration form to hold a spot in the residence hall. Make all checks payable to: UNC Wrestling Camps.

ENROLLMENT: Each registered camper will then be sent a confirmation letter with camp date, schedule, check-in location, and a list of necessary items for camp. On-site registration will be held at the residence hall (TBD). NO spots will be held without pre-registration.

QUESTIONS EMAIL/CALL:

Benjamin.Cherrington@unco.edu
970-351-2090

Austin.Devoe@unco.edu
970-351-1832

TYPICAL DAY:

7:00 - 8:30	Breakfast
9:00 - 11:00	Technique Session
11:00 - 1:00	Lunch
2:00 - 4:00	Technique/Competition, Team Activity
4:30 - 6:00	Dinner
7:00 - 9:00	Competition Session
10:00 pm	Bed Check
11:00 pm	Lights Out

CAMP YOU WILL BE ATTENDING:

Team Camp: June 27–July 1, 2010

- \$325 per (resident)
- \$200 (commuter)
- Early Registration Deadline- June 14th
**If 12 or more wrestlers from the same high school register, a \$25 discount per person will apply*

Intensive Camp: June 27–July 1, 2010

- \$325 per (resident)
- \$200 (commuter)
- Early Registration Deadline – June 14th

Wrestlers Name _____

Parents Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Cell Phone _____

Email Address _____

Grade _____ School _____

Adult T-Shirt Size: S M L XL 2XL 3XL

Make checks payable to the University of Northern Colorado Wrestling Camp.

Visa Mastercard Discover

Name on card _____

Card number _____

Exp. Date _____

Signature _____

CHECK ALL THAT APPLY:

- Athlete
- Male
- Female
- Commuter
- Resident
- Coach – \$170 per week/Resident
- Coach – If 12 or more wrestlers from the same high school attend, a coach may register to accompany the team at NO CHARGE.

SEND REGISTRATION TO:

University of Northern Colorado – Wrestling Camp
208 Butler-Hancock Athletic Center
Box 117
Greeley, CO 80639