

# Kilbourne High School Wrestling

Proudly Presents;

## **SERGEI KITAEV's COMMITMENT WRESTLING CAMP JUNE 17-20**

Featuring JD Bergman!

Sergei Kitaev is a Master wrestling coach. 2012 Belarus Olympic Wrestling Team Coach. Sergei Kitaev has won numerous International wrestling competitions including being a 2X National Champion while in Russia.

JD Bergman—2013 US Open Champion and Olympic hopeful

This is a great opportunity for you to learn from Coach Sergei Kitaev while preparing your mind and body for the upcoming season. Both wrestling camps will consist of intensive learning and training sessions with proper instruction in fundamental position, technique, drilling, and conditioning. Camp will be fun yet very structured and intense. Therefore, those wishing to attend should be prepared to train in a serious environment. During the summer camp session you will learn about a different aspect of technique that works against your toughest competitors. In addition to technique, you will also learn proper drilling methods, wrestle live, and condition like a champion for the upcoming season!

### Elementary School Camp

9:00 to 12:00 noon

### Middle and High School Camp

4:00 to 8:00 PM

**The total cost for campers is \$125.00 includes camp T shirt**

Commitment Summer Wrestling Camps are open to all wrestlers in grades 2-12.

Enrollment will be limited to the first 30 wrestlers.

Registration and payment must be received one week in advance of camp to guarantee a spot. Late registration/walk ins will be accepted only if space permits. Sign Up Early! Camp registration/check in begins 30 minutes prior to the 1st session. Please mail completed registration form and payment (checks payable to WKWA) to: WKWA - Brett Shaut - 1499 Hard Road Columbus, Ohio 43235

Wrestler Name: \_\_\_\_\_ School: \_\_\_\_\_ Age: \_\_\_\_\_

Shirt Size \_\_\_\_\_ Parent's Name: \_\_\_\_\_ Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Parent's/Legal Guardian's Signature: \_\_\_\_\_

I/We, the parent(s)/guardian of the above-named child, who is joining Commitment Wrestling Camp, hereby give my approval and consent to participate in any and all activities with the camp. I/we assume all risks and hazards incidental to the activities and transportation to and from this activity. I/we do hereby acquit, release and forever discharge and agree to indemnify and name harmless Worthington Kilbourne High School, its coaches and supervisors, all other persons associated with the activity, and from any and all actions, causes of actions, claims or demands or whatever name and nature arising out of injuries to or death of the above-named child. I understand that because of prohibitive costs, no accident, health or life insurance will be procured. In the event I/we cannot be reached in an emergency, I/we grant permission to the adult in charge to transport my child to the hospital or physician chosen by said adult in charge of treatment.