

Cedar Valley Wrestling Camp

Sponsors: Barbarian Apparel, The L40 Foundation, Cedar Valley Sports Commission and Cedar Falls Tourism & Visitors Bureau

Camp Mission Statement: Cedar Valley Wrestling Camp is designed to provide a total wrestling experience. The camp will consist of technique sessions and live competition. Our instructional curriculum will give each camper the ability to improve skills and get live matches for an affordable price.

Who-Cedar Valley Wrestling Camp is open to any and all registrants grades K-12.

Camp Dates: July 23,24,25 2024

Camp Location: Fit Courts **Camp Address:** 924 Viking Rd, Cedar Falls, IA 50613

Camp Parking- Plan A: Get there early and find a good spot in the main lot in front or behind the building. Parking in the main lot will fill up quickly at Fit Courts address 924 Viking Rd, Cedar Falls, IA 50613.

Plan B: Standard Distribution Co. parking lot 3-4 min walk address 1109 Viking Rd, Cedar Falls, IA 50613. *If you are parked on the grass your car will be towed at the owner's expense, please do not park on the grass! *Buses or 18 passenger vans please park at Standard Distribution Co. *

Camp Entry Fee \$150 per wrestler (plus processing fees) **No Refunds!**

Camp Registration online only at www.trackwrestling.com and search: "Cedar Valley Wrestling Camp"

***Note-No meals & No lodging included in entry fee! *Not responsible for lost items or liable for accidents/injuries.**

***We will have a Concession & Apparel Stand Open cash only ! No Refunds! *We will have a certificated athletic trainer on staff!**

Camp Group Discount & Camp Scholarships CONTACT EMAIL: farrellpromotions@gmail.com

MAIN CAMP CONTACT EMAIL: farrellpromotions@gmail.com

Camp Discount Hotels Contact Email: Adam.Bolander@cedarfalls.com

Camp Discount on The Falls Aquatic Center in Cedar Falls Email Contract: Adam.Bolander@cedarfalls.com

Camp Counselors

Jason Nolf-3x National Champion, 4x All-American, World Cup Gold Medalist & US World Team Trials Silver Medalist

Christian Mejia-National Champion, 3x All-American & 3x State Placer Winner

Felicity Taylor-2x National Champion, 5x All-American & US World Team Trials Bronze Medalist

Gabe Arnold- 2x Prep Champion, Iowa State Champion, US Open Champion & Pan-Am Champion

Maya Davis-2x State Champion, National Finalist and 2x All-American, NUWAY Open Champion

Johnni DiJulius-3x State Champion, 4x National Qualifier, Las Vegas Champion & Renowned Technician

Dylan Palacio-State Champion and 2x All-American

Max Magayna-3x State Champion

Morgan Smith-State Champion

Camp Schedule: We will split camp sessions up into two groups. One group will be for male wrestlers and the other group will be for female wrestlers. Exhibition matches will be officiated by counselors & certificated Officials. Matches will be grouped by age, weight and gender. **Match Time will be 1:30-1:30-1:30**. We will run I.H.S.A.A. Middle School Overtime 1 min. Neutral position 1st O.T. first takedown wins and if still tied 2nd O.T. :30 second ultimate tiebreaker.

Tuesday July 23 (Counselors-Gabe Arnold & Maya Davis)

4pm-5pm Check-in

4:15-4:55 Technique (Optional)

5:00pm-7:00pm Technique (Camp officially starts)

7:00pm-8:00pm Live Wrestling (Exhibition matches)

Wednesday July 24 (Counselors-Jason, Nolf, Johnni DiJulius, Dylan Palacio & Maya Davis)

8:15am-8:55 Technique (Optional)

9am-10am Technique (Camp officially starts)

10am-11am Live Wrestling (Exhibition matches)

11am-12:00 Lunch (on own)

12:00-2:00pm Technique

2:00pm-3:00pm Live Wrestling (Exhibition matches)

Thursday July 25 (Counselors-Christian Mejia & Felicity Taylor)

8:15am-8:55 Technique (Optional)

9am-10am Technique (Camp officially starts)

10am-11am Live Wrestling (Exhibition matches)

11am-12:00 Lunch (on own)

12:00-1:00pm Technique

1:00pm-2:00pm Live Wrestling (Exhibition matches)

Cedar Valley Wrestling Camp Injury/Illness Waiver

Waiver Release of Child(ren) by Parent/Guardian I, as the parent/legal guardian of _____, hereby grants permission necessary to allow the child to participate in the Cedar Valley Wrestling Camp to be held in the City of Cedar Falls. I, on my own behalf and on behalf of my child, further agree to release and to hold Steve Farrell, Fit Courts and the City of Cedar Falls, their respective directors, officers, representatives, members, agents, volunteers and employees harmless from any and all liability for negligence or any other claim, judgment, loss, liability, cost and expenses arising out of or connected with the event, including any claim arising out of or connected with any illness or injury (minimal, serious or catastrophic and/or death) that my child may incur or sustain during the event, all activities associated with the event and while traveling to and from the event sites. Participation includes possible exposure to illness from infectious diseases including but not limited to MRSA, influenza, and Covid-19. While particular rules/protocols and personal discipline may reduce this risk, the risk of serious illness and death does exist. No one guarantees that you or your child(ren) will not become infected with Covid-19. The person(s) signing below voluntarily assumes this risk because s/he chooses or elects to do so. I further expressly agree to indemnify and hold harmless Steve Farrell, Fit Courts and the City of Cedar Falls, their respective directors, officers, representatives, members, agents, volunteers and employees against loss from any further claims, demand or actions that may be subsequently be brought by the child(ren) or by any other persons or the account of damages of any character resulting to the child(ren) in any way from the foregoing activities. I further agree to reimburse and to make good to Steve Farrell, Fit Courts and the City of Cedar Falls , their respective directors, officers, representatives, members, agents, volunteers and employees may have to pay as a result of any such action, claim or demand. I on my own behalf and on behalf of my child(ren) hereby warrant that I have read this liability release in its entirety and fully understand its contents. I, on my own behalf and on the behalf of my child(ren), am aware that this liability release absolves Steve Farrell, Fit Courts and the City of Cedar Falls, their respective directors, officers, representatives, members, agents, volunteers and employees from liability and contains an acknowledgement of my voluntary and knowing assumption of the risk for any injury, illness or Covid-19. I, on my own behalf and on behalf of my child(ren), have signed this document voluntarily and of my own free will.

Parents/Legal Guardian Printed Name _____

Parents/Legal Guardian Signature and Date _____

Participant Printed Name _____

Participant Signature and Date _____

Health concerns _____

Emergency Phone Number _____