

Old School Wrestling Academy

At Aliso Niguel HS

2nd-8th Grade Youth Wrestling Program

Dates: Spring Session- 3/24/20- 5/21/20 (8 weeks- spring break off)

Summer Session- 6/9/20- 7/16/19 (6 weeks)

Times: Every Tues/Thurs from 4:00 pm to 5:00 pm

Cost: Beginning/Intermediate Wrestlers

- \$200 for Spring/\$150 for Summer
- \$300 for both sessions

- Please make Program donations payable to Aliso Niguel High School



Introducing the Old School Wrestling Academy youth wrestling program. This program is designed to meet the needs of young wrestlers from 2nd grade to 8th grade, from beginner to intermediate (we also have an advanced program). The program is designed to develop young wrestlers into the sport- teaching them the essentials and helping them master their skills in a safe, fun environment. The program is being coached by the Aliso Niguel Wrestling staff in the Aliso Niguel Wrestling Room. There will be two sessions- a Spring session and summer session.

Coaching Staff

Greg Colwell- Head Coach- Aliso Niguel HS

Rich Trevino- Girl's Head Coach

Harrison Mast- Assistant Coach

Brandon Cruz- Assistant Coach

Location:

Aliso Niguel High School

28000 Wolverine Way

Aliso Viejo, Ca 92656

Wrestling room located off the boys locker room next to pool

Please wear appropriate clothing- t-shirts, shorts with no buttons or zippers, wrestling shoes

Space is filling fast and we will limit the program to 25 wrestlers max. Boys and girls are welcome- all experience levels

Questions? Contact Head Coach Greg Colwell at gacolwell@capousd.org

"Please note that the Constitution of the State of California requires that we provide a public education to you free of charge. Your right to a free education is for all school/educational activities, whether curricular or extracurricular, and whether you get a grade for the activity or class. Subject to certain exceptions, your right to a free public education means that we cannot require you or your family to purchase materials, supplies, equipment or uniforms for any school activity, nor can we require you or your family to pay security deposits for access, participation, materials, or equipment.

Note: All donations are voluntary"

SPORT PARTICIPANT RELEASE OF LIABILITY, WAIVER OF CLAIMS, EXPRESS ASSUMPTION OF RISK AND INDEMNITY AGREEMENT.

Please read and be certain you understand the implications of signing.

Express Assumption of Risk Associated with Sport, Venue Use, and Related Activities.

I, _____ do hereby affirm and acknowledge that I have been fully informed of the inherent hazards and risks associated with **Wolverine Wrestling Club**, transportation of equipment related to the activities, and traveling to and from activity sites in which I am about to engage.

Inherent hazards and risks include but are not limited to:

1. Risk of injury from the activity and equipment utilized is significant including the potential for broken bones, severe injuries to the head, neck, and back or other bodily injuries that my result in permanent disability and death.
2. Possible equipment failure and/or malfunction or misuse of my own or others' equipment.
3. I AGREE THAT I WILL WEAR APPROVED PROTECTIVE GEAR AS DECREED BY THE GOVERNING BODY OF THE SPORT I AM PARTICIPATING IN. However, protective gear cannot guarantee the participant's safety. I further agree that no helmet can protect the wearer against all potential head injuries or prevent injury to the wearer's face, neck or spinal cord.
4. Variation and/or steepness of terrain, variation or changes in surfaces including but not limited to snow surfaces, ice, bare spots, rocks, stumps, debris, cliffs, trees, fences, posts, trees, light poles, signs, buildings, roads, walkways, ramps, rails, stairs, pyramids, manual pads, bowls, half-pipes, jumps, padded and non-padded barriers, other persons, and other natural and man-made hazards.
5. My own negligence and/or the negligence of others, including but not limited to operator error and guide decision making including misjudging terrain, weather, riding surfaces or other obstacles.
6. Exposure to the elements and temperature extremes may result if frost nip, frost bite, heat exhaustion, heat stroke, sunburn, hypothermia and dehydration.
7. Dangers associated with exposure to natural elements include but are not limited to avalanche, rock fall, inclement weather, thunder and lightning, severe and or varied wind, temperature and other weather conditions.
8. Accidents or illness occurring in remote places where there are no available medical facilities.
9. Fatigue, exhaustion, chill, and/or dizziness, which may diminish my/our reaction time and increase the risk of accident.
10. Impact or collision with other athletes, spectators, facility employees, pedestrians, motor vehicles, and cyclists.

***I understand the description of these risks is not complete and unknown or unanticipated risks may result in injury, illness, or death.**

Release of Liability, Waiver of Claims and Indemnity Agreement

In consideration for being permitted to participate in the above described activity(ies) and related activities, I hereby agree, acknowledge, and appreciate that:

1. **I HEREBY RELEASE AND HOLD HARMLESS WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH,** or loss or damage to person or property, **WHETHER CAUSED BY NEGLIGENCE OR OTHERWISE,** the following named persons or entities, herein referred to as releasees.
Wolverine Wrestling Club.
Owner (Company and/or Person)
2. To release the releasees, their officers, directors, employees, representatives, agents, and volunteers from liability and responsibility whatsoever and for any claims or causes of action that I, my estate, heirs, survivors, executors, or assigns may have for personal injury, property damage, or wrongful death arising from the above activities whether caused by active or passive negligence of the releasees or otherwise. By executing this document, I agree to hold the releasees harmless and indemnify them in conjunction with any injury, disability, death, or loss or damage to person or property that may occur because of my engaging in the above activities.
3. By entering into this Agreement, I am not relying on any oral or written representation or statements made by the releasees, other than what is set forth in this Agreement.
4. This agreement shall apply to all injury, disability, death, or loss or damage to person or property occurring at any time after the execution of this agreement.

This release shall be binding fully permitted by law. If any provision of this release is found to be unenforceable, the remaining terms shall be enforceable.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, I FULLY UNDERSTAND ITS TERMS, I UNDERSTAND THAT I HAVE GIVEN UP LEGAL RIGHTS BY SIGNING IT, AND I SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

FOR PARTICIPANTS OF MINORITY AGE: This is to certify that I, as Parent, Guardian, Temporary Guardian with legal responsibility for this participant, do consent and agree not only to his/her release of all Releasees, but also to release and indemnify the Releasees from any and all liabilities incident to his/her involvement in these programs for myself, my heirs, assigns, and next of kin.

S/ _____
Signature of parent or adult legal guardian. If participant is a minor, and by their signature, they on my behalf release all claims both they and I have.

Name of Parent or Adult Legal Guardian (please print)	Date	Phone Number
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Name of Minor (Please Print)	Date	Address	City	State	Zip
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Alternate Emergency Contact	Phone Number	Relationship
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Kids Spring Program Registration

Registering for ____ Spring (\$200) ____ Summer (\$150) ____ Both (\$300)

Athlete(s) Name(s): _____

Parent(s) Name(s): _____

Contact Phone Number: _____

Address: _____

Email (Please print): _____

Emergency Contact Info (please list two):

1. Name _____ Phone # _____

2. Name _____ Phone # _____

Primary Physician Name _____ Phone _____

Medical Insurance Company _____

Any allergies or special conditions we need to know about?

Cash or Check Accepted- please make checks out to **OS Wrestling Academy**