

2nd Annual Wyoming Female Wrestling Camp



July 5th-8th PeeWee-Junior, July 5th-11th Schoolgirl-Junior

Ramkota Hotel & Conference Center-Teton room

800 North Poplar Street

Casper, WY 82601

307-266-6000

*Commuter cost for July 5th-8th- \$150

*Commuter cost for July 5th-11th-\$250

*Camper cost for July 5th-8th- \$450 per athlete (Age 5-11- Adult **MUST** attend with this age group) Wrestlers will get 11 practices

*Adult pack cost- \$120- \$30 restaurant vouchers per day- July 5th-8th

*Camper cost for July 5th-11th- \$650 per athlete (Age 12-18 Adults can pay for their own rooms & food for this age group) Wrestlers will get 18 practices

Camp Items to Bring & Camp Information

Enough **tee shirts** for each practice (10 or 19), Enough **shorts & socks** for each practice- **NO POCKETS/ZIPPERS!!** Mouth guard-if you have braces, **Headgear** is required, **Wrestling shoes**, Toiletries, & Swimming suit for the pool.

Camp will be hosted at the Ramkota hotel in the Teton room. Athlete camper cost will cover the wrestling sessions, 1 shared hotel room, camp shirt & water bottle, breakfast & \$30 per day restaurant vouchers. Camper will be responsible for tipping their waitresses! Campers 5-11 years old must be accompanied by 1 adult. 1 adult will share bed with athlete, they will get free breakfast each day & \$30 a day restaurant voucher as well if adult pack is purchased. Any additional family members/adults will be responsible for their own room/ food. Commuter cost will cover only the camp practices.

Camp staff

Jenna Elmlinger- 6x All American in Fargo- 2nd place twice, Governor Award winner, Buffalo High School's 1st female on varsity wrestling team all 4 years, Captain of Buffalo High School boy wrestling team for 3 years, scholarship to Jamestown University in Jamestown, North Dakota. Woman's team captain & Varsity wrestler in Jamestown, Wyoming Amateur Wrestling Association Woman's Athletic Representative & Wyoming Amateur Wrestling Association Woman's National Assistant Coach.

Briston Brenton- 2x Wyoming High School State Champion, 4 year Natrona County High School(NCHS)Varsity Wrestler, 2 Year team Captain at NCHS, first Freshman from NCHS to make it to the state finals, 4X Wyoming High School State Placer, 44-1 Senior Year of High School, University Freestyle Canadian National Champion-2013, Chadron State College Varsity wrestler, Northwest College Varsity Wrestler, Full ride Scholarship to University of Winnipeg, MB, Canada, 2x NJCAA National qualifier, University of Winnipeg Outstanding Athlete of the year-2013, 43-1 Senior year of College, Former CY Jr. High Head Coach, Former Windy City Wrestling Club Head Coach, Cultural Exchange Coach in Germany.

Jessica Brenton- 4X All American, 5x USA Wrestling State Champion, Governor Award winner 2011, 1st female to make the boys Varsity Wrestling team at Natrona County High School-2009, made it to boy's High School state as a freshman-2009, full ride scholarship at the University of Winnipeg in Winnipeg, MB, Canada. Rookie of the year at Canada West Championships-2012, Most Outstanding Female Wrestler-2012 Captain of Winnipeg female wrestling team & Varsity wrestler-2012 &2013, 2x All Canadian, CY Jr. High Assistant Wrestling Coach-Current, Windy City Wrestling Club Head Coach-Current, Wyoming Amateur Wrestling Association Woman's director, Wyoming Amateur Wrestling Association Women's National Team Head Coach-2016-Current, Japan Cultural Exchange Team USA Head Coach-2018, & Cultural Exchange Wyoming Woman's Coach in Athens, Greece-2018.

Marcie Van Dusen Lane- 2001-2008 U.S. National team member, 2005 University World Champion- Ismir, Turkey, 2007 World Team Member- Azerbaijan, 2008 World Cup Champion- China, 2008 Olympic Team Member- Beijing, China, MVD Wrestling Camps president, founder & owner, Titan Mercury Wrestling Club- Woman's Freestyle Current Head Coach, Beat the Streets Los Angeles 2012-2014 Program Coordinator, Menlo College Head Woman's Wrestling Coach 2010-2012- which makes her the first woman to be hired as a head coach for a woman's college wrestling program. Woman's Junior Pan American Coach- Rio De Janeiro, Brazil-2011, Woman's Junior World Team Coach- Sofia, Bulgaria-2013, Current Woman's Junior World Team, Finland, 2001, 2009-2014. California Cadet & Junior National Team Coach, Alaska Cadet & Junior National Team Coach-2015, Current Young Guns Wrestling Club Coach, USA Wrestling Woman of the year award 2013, California Woman's Director 2011-2013, US Olympic Committee AAC Representative-2012-2016, USA Wrestling Coaches Selection Committee-2006-2012, USA Wrestling Woman's Sports Committee- 2006-Current, USA Wrestling Athletes Advisory Committee- 2007-2016, USA Wrestling Executive Committee-2006-2008,2010-2012, USA Wrestling Board Member 2005-2016. Varsity Captain for High School

boys wrestling team, received free schooling for being Olympic Training Center athlete at the University of Colorado, in Colorado Springs.

Camp Itinerary

July 5th- 8 AM check in- registration paperwork, camp fees, weigh ins, & skin checks. When practice times start ALL athletes must have wrestling shoes on & tied, appropriate wrestling practice gear on, hair pulled back & mouth guard in- if needed.

8:30-10:30 practice- Intro to groups/run/ rules

12:30-2:30- practice-Technique folkstyle

5:30-7:30- practice-Hard practice

July 6th- 8:30-10:30- morning run/feet wrestling

12:30-2:30- Technique folkstyle

5:30-7:30-Hard practice

July 7th- 8:30-10:30-morning run/feet wrestling

12:30-2:30-Technique folkstyle

5:30-7:30-Hard practice

July 8th 8:30-10:30 Mini folkstyle tournament (5-11 aged girls check out & hotel check out by 11 AM)

Afternoon Outing as a group

6 PM- 7:30Pm Practice

July 9th-8:30-10:30-Morning run/ feet wrestling

12:30-2:30-Technique freestyle

5:30-7:30-Hard practice

July 10th- 8:30-10:30-Morning run/feet wrestling

12:30-2:30-Technique Freestyle

5:30-7:30-Hard Practice

July 11th- 7:00- 9:00 Mini Freestyle Tournament-Camp check out & clean up after practice.

Hotel check out by 11 AM.

Schedule subject to change. Bad attitudes will NOT be tolerated, athletes will be punished(running) & or asked to leave practice if they do not behave.

Fargo Cadet & Junior National Team wrestlers will be driving to Fargo July 12th & 13th. See WAWA Schedule for Fargo info. \$500 per athlete to attend with team. Please let Jessica Brenton know if you will be attending camp and/or Fargo. 307-258-0725

jessica_brenton@aol.com

Annual Wyoming Woman's
Wrestling Camp Commitment Forms

DIVISION: GIRLS DIVISION I, GIRLS DIVISION II,
SCHOOLGIRL, CADET, & JUNIOR (CIRCLE ONE)

NAME: _____

AGE: _____

Adult Attending Stay: _____

Emergency Contact: _____

ADDRESS: _____

CITY: _____

ZIP CODE: _____

HOME #: _____

WRESTLERS CELL#: _____

GAURDIAN'S # IF DIFFERENT THAN ABOVE: _____

CURRENT EMAIL: _____

WEIGHT: _____

DATE: _____

PARENT/GAURDIAN SIGNATURE: _____

Camper Signature: _____

Wyoming Woman's Camp Conduct

Information

ANY MISCONDUCT BY A CAMPER SHALL RESULT IN DISCIPLINARY ACTION. THE CAMP STAFF SHALL HAVE FULL AUTHORITY IN INTERPRETING WHAT CONSTITUTES MISCONDUCT.

1. Any misconduct by a camper may result in immediate expulsion from practices and or camp, forfeiture of fees and additional disciplinary action taken by WAWA Board of directors at their next meeting.
2. Any damages made by the camper while under supervision of the Woman's staff will be the responsibility of the camper.
3. The illegal use of consumption of alcohol, drugs or tobacco products shall not be undertaken and shall result in disciplinary action.
4. Common sense and good taste should be exercised during team members dress. Camper will be asked to change if not appropriate.
5. Most importantly, the primary purpose is the team member's overall success, improvement, the promotion of the WAWA/USA Woman's wrestling program. During each event all campers should partake in all activities, be on time to activities, demonstrate a positive/cooperative attitude towards other campers, adults, hotel staff and all camp staff.

7. Failure to execute the team and conditions of the above code of conduct will subject the camper to possible disciplinary actions.

Parent/Guardian signature: _____

Camper signature: _____

Wyoming Woman's Camp

Practice Consent Form

IN CONSIDERATION OF MY ENTRY I, INTENDING TO BE LEGAL
BOND FOR MYSELF, MY HEIRS, EXECUTERS, AND
ADMINISTRATORS WAIVE AND RELEASE WAWA, THEIR AGENTS,
COMMITTEES AND CAMP MEMBERS FOR INJURIES OR LOSSES
SUFFERED BY, FROM, OR COMPETING IN OR ATTENDING THE
WYOMING WOMAN'S CAMP PRACTICES.

TEAM MEMBER'S SIGNATURE:DATE: _____

PARENT/GUARDIAN SIGNATURE:DATE: _____

Wyoming Woman's National Team

Participants Waiver and Release Form

In consideration and being allowed to participate in any way in USA Wrestling's athletic/ sports program, and related events and activities, the undersigned:

A. Acknowledge and fully understand that each camper will be engaging in activities that involve risk or serious injuries, including permanent disability and death. This may result not only in their own actions, inaction's, or negligence, but the actions, inactions, and negligence of others, the rules of play, or the condition of the premises or of any equipment used.

Further, that there may be other risks not known to camp staff or responsibility foreseeable at this time.

B. Agree that before participating, campers/adults & Woman's staff will inspect facilities the equipment to be used, and if they believe anything to be unsafe, they will immediately advise the Woman's staff and or supervisor of such conditions and refuse to participate.

C. Assume all the foregoing risks and accept personal responsibility for the damages following such as injury, permanent disability or death.

D. Release, waive, discharge and covenant not to sue USA Wrestling, its affiliated clubs, their represented administrators, directors, agents, coaches, Woman's staff, and other

employees of the organization, other participants, sponsoring agents, sponsors, advertisers, and, if applicable, owners and leasers of premises used to conduct the camp, all of which are hereinafter referred to as “sponsors”, from any and all liability to the undersigned, her heirs and next of kin, for any and all claims, demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or part by the negligence of the sponsors or otherwise.

Camper print & sign:Date:_____

Parent/Guardian print & sign:Date:_____

Medical Info

Team member name: _____

Date of Birth: _____

Parent/Guardian name: _____

Address: _____

Home #:Cell #Work # _____

Please indicate another person to contact if an accident occurs and you are not able to be reached.

Name:Phone #: _____

Insurance Company: _____

Policy Number: _____

Medical Doctor:Phone: _____

Is your child currently on any medications? Please list: _____

Any known Allergies? _____

If my child needs medical attention, I consent to procedures ordered by Camp medical officer if immediate treatment is necessary to save my child's life or to prevent permanent injury, on the understanding that efforts will be made to contact me and continue to be made until I am reached. I accept responsibility to all cost related to such treatment. In an

event of less severe injuries, which does not require immediate attention, I reserve the right to be consulted about medical procedures employed.

Parent/Guardian Signature:Date:_____