

THE C.O.C. SYSTEM

THE C.O.C. PHILOSOPHY

Since 1980 the C.O.C. has trained over 30,000 wrestlers of all age groups. Our philosophy is to assist you in every way to attain your goals. The C.O.C. prides itself as the wrestling camp with more quality mat time than any wrestling camp in the United States.

"C.O.C. 7-DAY YOUTH CAMP"

JULY 18-24

Train alongside the intensive campers and receive the same training to be a champion!



2024 C.O.C.

ELITE

WEST COAST

WRESTLING CAMPS

HOSTED AT

**SIERRA OUTDOOR SCHOOL
15700 OLD OAK RANCH RD.
SONORA, CA 95370**

JULY 18-24, 2024

**"7-DAY EXTREME YOUTH"
WRESTLING CAMP
BOYS & GIRLS
AGES 7-13**

TOLL FREE (866) 854-2560

email: cocelitewrestlingcamps@gmail.com

Web: cocelitewrestlingschool.net

**C.O.C. Office Address
40575 Cal Oaks Road
Suite D2, #124
Murrieta, CA 92562**

2024 C.O.C. CLINICIANS

KENDALL CROSS
NCAA National Champion
Olympic Champion

JOE COLON
2018 World Bronze Medal
NCAA All-American

BORIS NOVACHKOV
2 X NCAA All-American
2016 Bulgarian Olympic Team

BRENT METCALF
2 X NCAA National Champion
Asst. Coach at Iowa State Univ.

NICK SIMMONS
4 x NCAA All American

MIKE MACCHIAVELLO
2018 NCAA National Champion

The featured C.O.C. clinicians attending the Sonora Intensive Camps are chosen annually. These champions are the finest coaches and teachers in the USA. There will be other champions teaching that are not on this current list!

The C.O.C. Elite Wrestling Camps will have several other outstanding Olympic Champions, Olympians, World Team Members, NCAA National Champions, NCAA All-Americans attending the 2018 wrestling camps. There is no other camp in the nation that has this stellar clinician staff.

Get C.O.C. Trained!

2024 INDIVIDUAL APPLICATION

WRESTLER : _____

ADDRESS _____

CITY/STATE/ZIP _____

EMAIL _____

PHONE # _____

SCHOOL _____ GRADE (2022) _____

SHIRT YS _YM_ YL_ XS_ S_ M_ L_ XL_ XXL_

INSURANCE CO. _____

POLICY HOLDER _____

INSURANCE PHONE _____

PREVIOUS INJURIES _____

DRUG SENSITIVITIES _____

ALLERGIES _____

7-DAY EXTREME YOUTH TRAINING CAMP

***RESIDENT CAMP COST: \$940.00
(ROOM/BOARD/CAMP)**

CALL THE C.O.C. HOTLINE FOR MORE INFORMATION ON TEAM RATES!

"GET C.O.C. TRAINED"

Athletic Waiver & Release of Liability

In consideration of being allowed to participate in anyway in the C.O.C. Elite Wrestling Camp the undersigned must agree and adhere to:

*Agree that the parent (s) and/or guardians will instruct the minor participant that prior to participating he or she would inspect the facilities and equipment to be used, and if the participant believes anything is unsafe, he should immediately advise his or her coach or supervisor of such conditions and refuse to participate.

*Acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability, death, and severe social and economic losses which might result not only from their own actions, inactions, or negligence but the actions, and or the condition of the premises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time.

*Assume all foregoing risks and accepts personal responsibility for the damages following such injury, permanent total disability or death.

*Release, waive discharge and covenant not to sue C.O.C. Elite Wrestling Camps, at all camp training sites and universities and its affiliated clubs and respective administrators, directors, agents, and other employees of the organization, other members/participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors or premises used to conduct the event, all of which are hereinafter referred to as "releases" from any and all liability to each of the undersigned, his or hers heirs or next of kin for any and all claims, demands, losses or damages on account of injury, including death and damage to property, caused or alleged to be caused in whole or in part by the negligence of the releases or otherwise.

Wrestler Name: _____

Parent/Guardian Name: _____

Relationship to minor: _____

Parent/Guardian Phone: _____

2024 EXTREME YOUTH CAMP

**SIERRA OUTDOOR SCHOOL
15700 OLD OAK RANCH RD.
SONORA, CA 95370**

7-DAY WRESTLING CAMP JULY 18-24, 2024

CHECK -IN TIME

July 18 check-in at 9:00 am

CHECK-OUT TIME

July 24 at 4:30 PM

GROUP DISCOUNT

Coaches that bring (10) or more to camp all wrestlers receive \$40.00 7-Day camp

DAILY SCHEDULE

6:00 Hand Fighting Skills

9:00 AM Offensive Takedowns Techniques

1:00 PM Small Group/Extreme Training

6:00 PM Pinning/Riding/Mental Training

9:00 PM Motivational Session

7-DAY RESIDENT CAMPER COST: \$940.00

GO TO: cocelitewrestlingschool.net

PAY BY CHECK SEND TO BY 7/12/2023:

**C.O.C. Elite Wrestling Camps
40575 CAL OAKS RD. SUITE D2, #124
MURRIETA, CA 92562**

(MAIL-IN DEADLINE)

JULY 10,2024

FILL OUT INFORMATION AND MAIL WRESTLER APPLICATION OR BRING APPLICATION AND PAYMENT TO CAMP CHECK-IN.