

# 2024 C.O.C. TEAM CAMP

## THE C.O.C. PHILOSOPHY

Since 1980 the C.O.C. has taught and trained thousands of 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.

## WHY ATTEND C.O.C. ELITE CAMPS!

- \*PROFESSIONAL HAND PICKED STAFF
- \*EXCELLENT STAFF TO WRESTLER RATIO
- \*FINEST CLINICIANS IN THE NATION
- \*(3) STRUCTURED SESSIONS DAILY
- \*16 OUT OF STATE DUAL MEETS
- \*32 MAN BRACKETED TOURNAMENT
- \*ALL YOU CAN EAT!
- \*THE MOST CURRENT TECHNIQUE
- \*THE LARGEST TEAM CAMP IN THE WEST

The C.O.C. Elite Training Camps are the finest developmental wrestling camp in the nation. Coaches bring their teams to get the intensive experience while being part of our staff. Our system of technique, hard drilling, situation wrestling, grind matches, forced drilling in all positions is a proven tool for you to get on top of the podium. The 4-Day team camp is the best camp in the western region United States for the young wrestler to learn from the greatest wrestling champions in America! Perfect setting for learning, training and having FUN!  
"GET C.O.C. ELITE TRAINED"

# C.O.C. ELITE

## 2024 TEAM CAMP

### The #1 Team Camp

### In The West!

# July 14-17, 2024

## SIERRA OUTDOOR SCHOOL

15700 Old Oak Ranch Road  
Sonora, CA 95370

# GET C.O.C. TRAINED

# TOLL FREE (866) 854-2560

Website: [cocolitewrestlingschool.net](http://cocolitewrestlingschool.net)

Email: [cocolitewrestlingcamps@gmail.com](mailto:cocolitewrestlingcamps@gmail.com)

## BUILDING CHAMPIONS SINCE 1980

# 2024 Camp Schedule

## DAY #1

Weigh-in Time: 9:00 AM - Noon

SESSION #1: 1:00 - 4:30 PM

(Technique/ 2 Dual Meets)

Dinner: 4:30 PM - 5:30PM

SESSION #2: 5:45 PM - 9:00 PM

(3 Dual Meets)

## DAY #2

Breakfast: 7:00 AM - 8:15 AM

SESSION #3: 8:30 AM - 11:30 AM

(Technique/ 2 Dual Meets)

Lunch: 11:30 AM - 12:30 PM

SESSION #4: 12:45 PM - 4:30 PM

(Technique/ 3 Dual Meets)

Dinner: 4:30 PM - 5:30 PM

SESSION #5: 5:45 PM - 9:00 PM

(3 Dual Meets)

## DAY #3

Breakfast: 7:00 AM - 8:15 AM

SESSION #6: 8:30 AM - 11:30 AM

(Technique/ 2 Dual Meets)

Lunch: 11:30 AM - 12:30 PM

SESSION #7: 12:45 PM - 4:30 PM

(Technique/ 3 Dual Meets)

Dinner: 4:00 PM - 5:45 PM

SESSION #8: 6:00 PM - 9:00 PM

(2 Dual Meets/ Individual Tournament)

## DAY #4

Breakfast: 7:00 AM - 8:15 AM

SESSION # 9 8:30 AM - 11:30 AM

Rd #2 Individual Tournament

Lunch: 11:30 AM - 12:30 PM

Last Session!

CHECKOUT: 4:00 PM

# 2024 INDIVIDUAL APPLICATION **Athletic Waiver & Release of Liability**

## SONORA TEAM CAMP

WRESTLER NAME \_\_\_\_\_

SCHOOL \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_

PHONE # \_\_\_\_\_

INSURANCE CO. \_\_\_\_\_

POLICY HOLDER \_\_\_\_\_

POLICY # \_\_\_\_\_

INSURANCE PHONE \_\_\_\_\_

PREVIOUS INJURIES \_\_\_\_\_

DRUG SENSITIVITIES \_\_\_\_\_

ALLERGIES \_\_\_\_\_

GET COC ELITE TRAINED THIS SUMMER  
WEBSITE:

cocelitewrestlingschool.net

EMAIL:

cocelitewrestlingcamps@gmail.com

TOLL FREE:

(866) 854-2560

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 (s) 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 won 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: \_\_\_\_\_

### (CAMP SITE)

**SIERRA OUTDOOR SCHOOL**  
15700 Old Oak Ranch Road  
Sonora, CA 95370

**(TEAM CAMP DATES)**  
**JULY 14-17,2024**

### (CAMPER COSTS)

**Room/Food Camper:**  
**\$500.00 Check Here \_\_\_\_\_**

**Commuter Camper:**  
**\$400.00 Check Here \_\_\_\_\_**

### Check-In Instructions:

Coach must send in all wrestler applications 2 weeks before camp. Modified Weight Classes, see your packet information, no allowance. 98 pounds is added to the roster. Bring as many as you like, extras will be placed on other teams, if you have an empty weight class, you will be given a wrestler from another team.