

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.

WHY ATTEND C.O.C. ELITE CAMPS

- *EXCELLENT STAFF TO WRESTLER RATIO
- *FINEST CLINICIANS IN THE NATION
- *(4) STRUCTURED SESSIONS DAILY
- *HARD DRILLING AND LIVE SESSIONS
- *MENTAL SKILLS TRAINING
- *ALL YOU CAN EAT CAFETERIA

Ironman 2-Week Camp

The "Ironman" is the perfect wrestling camp for the "Very Serious" athlete that wants to get on top of the podium! This camp series is a great combination of competition, dual meets, tournaments along with world class technique...then it's 10 full days of Intensive Training!

10-Day "Elite" Intensive Camp

The 10-Day "Elite" is the original 10 day training camp! No camp in the nation comes close to our systematic format.

(2) 7-Day Training Camps

The 7-Day Intensive Training Camps are awesome for a coach that wants to bring his entire program.

7-Day "All Girls" Elite Training Camp

The C.O.C. "All Girls" Elite Wrestling Camp is the finest training camp in California! No other camp trains girls of all ages to the next level preparation. State Champs, state placers, nationally ranked girls train at this camp!

7-Day "Youth" Training Camp

We take this camp serious! Our objective to train our youth wrestlers along side the Elite system campers so they get a tremendous intensive experience!

2024 C.O.C.

ELITE

WEST COAST

WRESTLING CAMPS

HOSTED AT

SIERRA OUTDOOR SCHOOL

15700 OLD OAK RANCH RD.

SONORA, CA 95370

JULY 14-27, 2024

2-Week "IRONMAN" Camp

10-Day "ELITE" Intensive Camp

(2) 7-Day Training Camps

7-Day "All Girls" Elite Camp

7-Day "Extreme" Youth Camp

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

Athletic Waiver & Release of Liability

2024 C.O.C. "ELITE" CAMPS

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

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 _____

THE CHOICE IS YOURS

2-WEEK "IRONMAN" CAMP
\$1,800.00: _____ (JULY 14-27)

10-DAY "ELITE" INTENSIVE CAMP
\$1,375.00: _____ (JULY 18-27)

7-DAY #A INTENSIVE TRAINING CAMP:
\$940.00: _____ (JULY 18-24)

7-DAY #B INTENSIVE TRAINING CAMP:
\$940.00: _____ (JULY 21-27)

7-DAY "GIRLS " TRAINING CAMP:
\$940.00: _____ (JULY 21-27)

7-DAY "EXTREME" YOUTH CAMP:
\$940.00: _____ (JULY 18-24)

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: _____

- 2-WEEK "Ironman" Intensive Camp (July 14-27)
- 10-Day "ELITE" Intensive (July 18-27)
- 7-Day #A Intensive Training Camp (July 18-24)
- 7-Day #B Intensive Training Camp (July 21-27)
- 7-Day "All-Girls" Camp (July 21-27)
- 7-Day "Extreme" Youth Camp (July 18-24)

(ALL CAMPS ARE RESIDENT ONLY)

INTENSIVE CAMPS CHECK-IN TIMES

July 18 check-in at noon

July 21 check-in at 9:00 AM

(CHECKOUT AT NOON ALL CAMPS)

GROUP DISCOUNT

Coaches that bring (10) or more to camp all wrestlers receive \$40.00 for 7/10-Day camps...COACH IS STAFF

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

All Attendees Flying To Camp Must Fly Into Sacramento International Airport. Please Contact 14 Days before camp For flight times. \$80.00 shuttle fee for transportation

(PAY ONLINE)

GO TO: cocelitewrestlingschool.net

PAY BY CHECK SEND TO:

C.O.C. Elite Wrestling Camps

40575 CAL OAKS RD. SUITE D2, #124

MURRIETA, CA 92562

FILL OUT INFORMATION AND MAIL WRESTLER APPLICATION. YOU CAN ALSO GO ONLINE TO FILL OUT INFORMATION AND PAY AT: COCELITEWRESTLINGCAMPS.NET