

# Tentative Weekly Schedule

## 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
- \* (4) STRUCTURED SESSIONS DAILY
- \*HARD DRILLING AND LIVE SESSIONS
- \*MENTAL SKILLS TRAINING
- \*ALL YOU CAN EAT TRAINING TABLE
- \*THE MOST CURRENT TECHNIQUE
- \*LIMITED ENROLLMENT CAMP
- \*EXCELLENT FACILITIES IN MOUNTAINS

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 5-Day wrestling 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!**

# C.O.C. ELITE Wrestling Camps 2024

"ALL GIRLS"  
WRESTLING CAMP  
July 21-27, 2024

SIERRA OUTDOOR CENTER  
15700 OLD OAK RANCH ROAD  
SONORA, CA 95370

**CAMP DIRECTOR  
ALYSSA LAMPE**

**"clinicians"**

**Alex Glaudet**

**Alex Hedrick**

**TOLL FREE (866) 854-2560**

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

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

**BUILDING CHAMPIONS SINCE 1980**

# C.O.C. GIRLS CLINICIANS

**Alex Hedrick:**

**Ranked #2 in the USA**

**2 X USAW National Champ**

**2 X Final X Finalist**

**2 X Collegiate Natl. Champ**

**4 X Collegiate Finalist**

**Alex Glaudet:**

**Ranked #2 in the USA**

**2021 US Open Natl. Champ**

**2021 Pan American Champ**

**2 X Collegiate Natl. Champ**

**4 X USAW Natl. Team Member**

**Final X Finalist**



**"GET C.O.C. ELITE TRAINED"**

# 2024 INDIVIDUAL APPLICATION Athletic Waiver & Release of Liability

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

ADDRESS \_\_\_\_\_

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

EMAIL \_\_\_\_\_

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

SCHOOL \_\_\_\_\_

Age: \_\_\_\_\_ GRADE \_\_\_\_\_ T-SHIRT SIZE \_\_\_\_\_

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

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

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

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

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

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

ALLERGIES \_\_\_\_\_

7-Day "All-Girls" camp: \$940.00: \_\_\_\_\_

TRAINING SITE IS COMMUTER/RESIDENT CAMP. THE OPTION IS YOURS!

## TO PAY ONLINE:

GO TO: [cocelitewrestlingschool.net](http://cocelitewrestlingschool.net)

## SEND CHECK TO:

40575 Cal Oaks Rd. Suite D2, #124  
Murrieta, California 92562

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: \_\_\_\_\_

## GROUP DISCOUNT

8 or more wrestlers from same school discount 8 or more youth wrestlers from same club discount of \$25.00 per wrestler. Applications must be mailed together by July 1, 2024. ALL APPLICATIONS MUST BE MAILED TOGETHER TO RECEIVE DISCOUNT.

The Discount paid at check-in time.

## (ALL AGES AT THIS CAMP)

SIERRA Outdoor Center, Sonora, CA.

7-DAY "ALL GIRLS" Wrestling Camp (July 21-27)

Resident Camper only: \$940.00



## GET C.O.C. TRAINED!

