

# Insurance Waiver and Emergency Contact

---

## Safety

Wrestling is a contact sport, and as such, parents should be advised that injuries do occur while involved in such activities. For that reason no wrestler shall be allowed to participate without a signed waiver (below). To further prevent injury, no wrestler below grade 7 in the 2011-2012 school year shall be allowed to participate.

## Behavior

If a wrestler acts in unsafe, rude, disobedient, or illegal manner they will leave the camp, and all entry fees will be forfeit.

I \_\_\_\_\_ recognize that my child \_\_\_\_\_ will be involved in the sport of wrestling while at Hellgate Wrestling Camp. I will not hold the facility or any practitioner liable for injuries that my child may receive.

Parent/Guardian Signature:

\_\_\_\_\_ Date: \_\_\_\_\_

Emergency Contact info (Two People):

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Wrestlers will be expected to bring shorts and an appropriate shirt to workout in. Wrestling shoes, running shoes, a water bottle, and a towel for showers are strongly suggested. A lunch is provided on the final day of the camp, wrestlers should provide their own lunches the first and second day.

Wrestlers will have an option to purchase a DVD of all the instruction and a booklet of all the workout plans for the entire camp for a nominal fee.

Ben Sivertsen coordinates this camp. Ben is a Resource Teacher at Hellgate High School where he has been an Assistant Wrestling Coach for three years, a coach at Washington Middle School for three years, and involved in the sport of wrestling for the last 26 years. Ben grew up in Chippewa Falls, Wisconsin.

For further information or questions, contact Ben at:

Ben Sivertsen  
Phone: (406) 493-7105  
Email: bensivertsen@gmail.com

---

## Hellgate Wrestling Camp

---

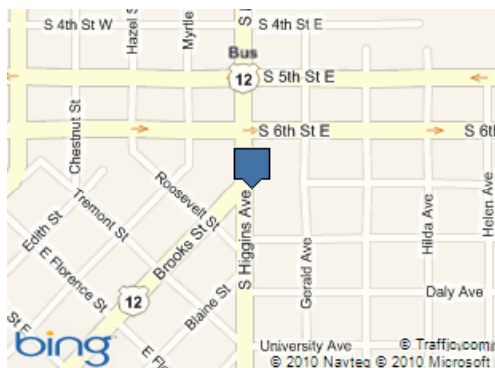


**Pay the Price.**

**July 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>**

# Hellgate Summer Wrestling Camp

The purpose of the Hellgate Summer Wrestling Camp is to increase the experience levels of all wrestlers in Missoula. Through a three-day camp, wrestlers will gain nearly half a season's experience in drilling and competitive matches. Techniques covered will range from the basics to advanced. We will also show conditioning programs that wrestlers can do at home in the preseason, during the season, and post season times with little to no equipment. This camp is open to wrestlers grades 7-12.



**Location:** The camp will take place at Hellgate High School in the Wrestling Room, which is located next to the Lower Gym. Locker rooms will be opened so that wrestlers may change into appropriate workout clothing. Other facilities on the Hellgate campus (weight room, gyms, classrooms) may be used as the need/availability arises.

## Event Schedule

Overall, schedule for the camp will be broken into three days, with an emphasis on technique in the mornings, and conditioning in the afternoon. All stretches, workouts, and strength/conditioning techniques will be wrestling oriented. Wrestlers can choose to attend the camp for a single day or the entire time. This schedule may be subject to change depending on wrestler needs and turnouts.

### Camp Schedule

Day One	Emphasis on Takedowns
9:00-9:20 am	Doors Open, wrestlers change out and meet in Wrestling Room
9:20-11:20	Takedown Techniques, Finishing and Drilling
11:20-12:00	First Live Matches of the day
12:00- 1:30	Lunch (wrestler provides)
1:30- 3:30	Warm-up Methods, Off-season Conditioning, Final Live Match
Day Two	Emphasis Top and Pinning Combinations
9:00-9:20	Doors Open, wrestlers change out and meet in wrestling room
9:20-11:20	Top Techniques; Pinning Combinations
11:20-12:00	First Live Matches of the day
12:00- 1:30	Lunch (wrestler provides)
1:30-3:30	In season conditioning, Wrestling Specific Stretching, Final Live Match of the day
Day Three	Emphasis on Escapes, and Reversals
9:00-9:20	Doors Open, wrestlers change out and meet in wrestling room
9:20-11:20	Bottom Techniques, Drilling, Situationals
11:20-12:00	Live Matches
12:00-1:30	Lunch (camp provides)
1:30-3:30	Post/Off season conditioning/strength training, final Live Matches

## Sign-up Form

<b>Sign up for:</b>	<b>Price</b>
<input type="checkbox"/> Day One	6.00
<input type="checkbox"/> Day Two	6.00
<input type="checkbox"/> Day Three	6.00
<input type="checkbox"/> Full Camp	15.00
<input type="checkbox"/> DVD of Camp Instruction	5.00
<input type="checkbox"/> Booklet of Camp materials	10.00
<input type="checkbox"/> Camp T-Shirt	12.50

---

Name \_\_\_\_\_

---

Address \_\_\_\_\_

---

\_\_\_\_\_

---

email \_\_\_\_\_

---

Phone \_\_\_\_\_

### Method of Payment:

- Check  
 (Payable to Ben Sivertsen re: Wrestling Camp)  
 Cash

### Send Payment and form to:

Ben Sivertsen  
 2325 S 7<sup>th</sup> St W  
 Missoula MT, 59801

Phone: (406) 493-7105  
 Email: bensivertsen@gmail.com