



# CAMP GULAG 2019



## CAMP DATES:

June 23-28  
THIS CAMP IS IDEAL FOR FOOTBALL  
PLAYERS!

## WARNING—WARNING

This camp is an intense camp, which demands commitment out of the wrestler. As we instruct wrestling skills we will demand and emphasize the importance of mental toughness.

## CAMP GULAG 2019

Three days and four nights  
Excellent high calorie meals!  
Wrestling videos and other special lectures on motivation, weight training, diet and nutrition, intensity and mental toughness.

**\*\* ALL FOR ONLY \$150\*\***

**MAKE CHECKS PAYABLE TO:**

**ALA WRESTLING BOOSTER**

**\$50 DEPOSIT DUE MAY 21<sup>ST</sup>**

**PAYMENT DUE JUNE 23<sup>RD</sup>**

**USE OF ELECTRONIC DEVICES WILL BE LIMITED. CELL PHONES WILL BE TURNED OFF CALLS WILL BE ALLOWED MONDAY NIGHT AND WEDNESDAY NIGHT.**

## ABOUT THE CAMP

Camp Gulag is located at Round Valley JHS  
Wrestlers will be training in extreme conditions.  
**Wrestlers will not be allowed to leave campus.  
Leaving campus will result in the parents picking them up!**

## PROGRAM

This camp is designed to teach basic fundamentals of wrestling with the emphasis on collegiate style. Each wrestler will be involved in eight+ hours of instruction and training daily. Instruction is designed to motivate the novice wrestler and challenged the more advanced.

## MEALS AND LODGING

Delicious, well-balanced meals will be served in the cafeteria on the school campus. All campers will be sleeping in the gym/ wrestling room. Each wrestler will need to bring a sleeping bag (air mattress is recommended) **NO COTS** and all personal toiletries.

## GENERAL INFORMATION

**Applications** will be accepted right up to the day we depart- June 23 (\$150)

## WHO MAY ATTEND:

Any wrestler 8th grade and up. For questions email: [trworkman@alascchools.org](mailto:trworkman@alascchools.org)

## RELEASE:

I verify that a licensed physician has checked my son and he is physically able to participate in camp. I hereby authorize the directors of the Camp Gulag 2019 to act for me according to their best judgment in any emergency requiring medical attention and I hereby waive and release the camp from all liability for any injuries while at camp. I understand that if this application is accepted, there is no refund of deposit if we (parent or child) should cancel the application later. As a condition of enrollment, the following disclaimer of liability must be signed and dated by the camper's parent/ guardian. The camper, in attending Camp Gulag does so at his own risk. The School District and staff shall not be liable for any damages arising from personal injury sustained by the camper during the camp. The camper and his parents assume full responsibility for the camper during the camp session and hereby and forever exonerate and discharge American Leadership Academy and their representatives from any and all claims, demands, damages, right of action, present or future, whether the same by anticipates or unanticipated, resulting from or arising out of the camper's participation in the camp or camp activities.

**Signature:** \_\_\_\_\_

# CAMP GULAG

126 W. 2<sup>nd</sup> Street, Eager, AZ 85925

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REGISTRATION - CAMP GULAG  
AT ROUND VALLEY MIDDLE SCHOOL  
JUNE 23<sup>RD</sup> - 28<sup>TH</sup>, 2019

PLEASE GIVE THIS COMPLETED FORM AND FEES TO HEAD COACH:

Tod Workman  
480-532-4287  
trworkman@alaschools.org



I, hereby authorize the Coaches/Directors of the CAMP GULAG/ ROUND VALLEY UNIFIED SCHOOL DISTRICT to act for me per their best judgment in any emergency requiring medical attention, and I hereby waive and release CAMP GULAG / ROUND VALLEY UNIFIED SCHOOL DISTRICT from all liability for any injuries or illness incurred while at CAMP GULAG. I will be responsible for any medical or other charges in connection with my child's attendance at camp. I know of no mental or physical problem, which may affect my child's ability to safely participate in this program.

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Signature of Parent or Guardian

Date

CAMPER NAME: \_\_\_\_\_  
HOME PHONE: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_

PLEASE NOTE ANY MEDICAL CONDITION OF WHICH WE SHOULD BE AWARE. IF CAMPER WILL BE TAKING PRESCRIPTION MEDICATION PLEASE NOTE ON THIS FORM AND NOTIFY THE CAMPER'S COACH. ALSO, PLEASE DISCLOSE ANY DIETARY RESTRICTIONS IN ADVANCE.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**COST: \$150.00**

MAKE CHECK/MONEY ORDER PAYABLE TO: ALA WRESTLING BOOSTER

14 day prior to camp, no checks will be accepted, all payments must be paid in cash or money order and PAID IN FULL

PLEASE CHECK ONE:

\_\_\_\_\_ \$50.00 NON-REFUNDABLE DEPOSIT (DUE NO LATER THAN MAY 21<sup>ST</sup>)  
\_\_\_\_\_ \$150.00 TOTAL PAYMENT (\$50 DEPOSIT INCLUDED IN TOTAL PAYMENT)

## CAMP GULAG

WHAT TO BRING: SLEEPING BAG, AIR MATTRESS, PILLOW, SUN BLOCK, HAT, TOILETRIES (toothbrush, toothpaste, razor, brush, soap, Gold Bond medicated powder, etc.), TOWEL, ATHLETIC SHORTS, UNDERWEAR, SOCKS, SHIRTS, RUNNING SHOES, WRESTLING SHOES.

MEALS: BREAKFAST, LUNCH AND DINNER WILL BE SERVED DAILY. PLEASE MAKE SURE TO PROVIDE ADDITIONAL SNACKS FOR YOUR ATHLETE. YOUR SON MAY ALSO WANT TO BRING MONEY FOR A "LATE NIGHT SNACK RUN!"

LAUNDRY: THERE ARE NO LAUNDRY FACILITIES ON SITE SO PLEASE BE SURE YOUR ATHLETE HAS ENOUGH CLEAN CLOTHES FOR THE ENTIRE WEEK.

## HAZING

YOUR SON WILL BE ASKED TO ADHERE TO THE FOLLOWING RULES. IF THESE RULES ARE COMPROMISED BY PLAYERS, PARENTS WILL BE REQUIRED TO PICK THEIR SON UP FROM WRESTLING CAMP.

1. NO HARASSMENT OR HAZING OF TEAMMATES, HOST SCHOOL OR OTHERS.
2. NO THEFT OF ANY ITEMS FROM TEAMMATES, HOST SCHOOL OR OTHERS.
3. NO DEFACING OR DESTRUCTION OF PROPERTY.
4. NO CELL PHONES IN CAFETERIA, PRACTICE FIELDS OR CLASSROOM UNLESS APPROVED BY YOUR COACH.
5. NO GAMBLING, CURSING OR ANYTHING ELSE THAT IS DEEMED INAPPROPRIATE OR OFFENSIVE BY YOUR COACHES.
6. PLAYERS MAY NOT LEAVE CAMPUS UNLESS UNDER THE SUPERVISION OF COACHES.

PARENTS, YOUR SON MAY BECOME VERY TIRED, SORE AND HOME SICK. PLEASE BE STRONG!

PLAYER SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

PARENT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_