

CAMP OLYMPUS



**Judo
America's 1st
Annual Training
Camps in San
Diego!**



Our Outstanding Coaching Staff

- Israel Hernandez, 2x Olympic Bronze Medalist
- Valerie Gotay, 2x Olympian, 8x National Champion
- Gerald Lafon, International Coach, Director of Coaching, Judo America San Diego



- Proper/Dynamic Warm-ups
- Goal Setting/Journal Writing
- Developing Inventory of Judo Skills
- Simple/Complex Combinations
- Strength and Conditioning
- Acrobatics for the Judoka
- Defense/Counters
- Functional Gripping
- Intro to Competition Tactics
- Combative Games

FUN and SO MUCH MORE...!

Camp Dates : July 5-9 and August 2-6.

Pre-register by June 14.

Limited enrollment!

For more information : (951) 699-8969 or val@judoamericatemecula.com

Camp Olympus
Registration Form (Please print)

Make check out to Judo America and mail forms to: Valerie Gotay, 30755 E. Loma Linda Road, Temecula CA 92592

Name (First, Middle, Last) _____

Address _____ City _____ Zip _____

Home phone # _____ Email Address _____

Date of Birth _____ Male Female Weight _____ Rank _____

USJA USJF USA Judo Membership # _____

Applying for: Camp Camp + Overnight Homestay July 5-9 Camp August 2-6 Camp

Father's Name _____ Work/cell phone # _____

Mother's Name _____ Work/cell phone # _____

Who is authorized to pick up your child from camp? _____

Does your child have health insurance? Yes No Insurance carrier _____

Should the instructor be aware of any medical, physical or learning problems? (i.e. asthma, epilepsy, heart problems, medication taken, recent operation or fracture or any limiting problems, slow learner, dyslexia, single parent home etc.)

Emergency contact _____ Relationship _____ Phone # _____

LIABILITY WAIVER

In consideration of being permitted to participate in any way, including travel to and from, in any Judo tournament, practice, clinic and related events and activities of the U.S. Judo Association (USJA) and JUDO AMERICA, I hereby:

1. Agree that prior to participating, I will inspect the mats, the facilities and equipment to be used. If I believe that anything is unsafe, I will immediately advise the coach or supervisor of such conditions and refuse to participate.
2. Acknowledge and fully understand that I will be engaging in a contact sport that might resolve in serious injury, including permanent disability or death, and severe social and economic losses due not only to my own action, inaction or negligence, but also to the action, inaction or negligence of others, the rules of the sport of Judo, or the conditions of the premises or of any equipment used. Further, I acknowledge that there may be other risks not known to me or not reasonably foreseeable at this time.
3. I assume all such risks and accept personal responsibility for the damages following such injury, permanent disability or death, because I am aware of the risks involved in the sport of Judo. Furthermore, I understand that I shouldn't rely on the USJA or JUDO AMERICA to provide any medical or other insurance.
4. Release, waive, discharge and covenant not to sue the USJA and JUDO AMERICA, its administrators, directors, agents, coaches, and other employees of the organization, other participants, their parents, guardians, supervisors and coaches, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event, all of which are hereinafter referred to as "releasees," from any and all liability to each of the undersigned, his or her heirs, and next of kin for any and all claims, demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise.
5. Parents or legal guardians of minor participants additionally agree that they will instruct the minor participant as to the above warnings and conditions and their ramifications, and that they consent to the minor's participation.

I have read the above warning, waiver and release, understand that I give up substantial rights by signing it, and knowing this, sign it voluntarily. I agree to participate knowing the risks and conditions involved and do so entirely of my own free will.

Participant's signature

Parent's signature if participant is minor

Parent's printed name

Date

Registration for the July 5-9 camp:

Camp only: \$200 if postdated by June 14, \$225 after June 14. Camp with homestay: \$325 postdated by June 14. Family discounts available. There are only 8 slots available for homestay! Please call or email us before sending in your form to make sure we have a slot available. If you cancel the homestay, a \$125 cancellation fee will be incurred.

Registration for the August 2-6 camp:

Camp only: \$200 if postdated by July 19, \$225 after July 19. Camp with homestay: \$325 postdated by July 19. Family discounts available. There are only 8 slots available for homestay! Please call or email us before sending in your form to make sure we have a slot available. If you cancel the homestay, a \$125 cancellation fee will be incurred.

What to Bring:

- 2 judo gis
- Water bottle
- Flip flops and running shoes
- Towel
- Bathing suit
- Extra change of clothes (T-shirt and shorts)
- Notebook and pencil
- Packed lunch (day campers only)
- Sleeping bag/pillow (homestay)

Schedule:

Drop-off times for day campers is 9:00 am and pick up is 3:00 pm. Extended hours and pick-up may be available. Call (951) 699-8969 for more information.

Training Center Information

Judo America is located at 9825 Carroll Centre Rd. #400, San Diego CA 92126.

To contact coaches at the training center during the camp call Gerald Lafon (858) 527-9703 or Valerie Gotay (951) 514-0733.

Miscellaneous:

- Homestay will be provided full room and board, whereas day campers must bring a packed lunch and be picked up at the end of the day. Refer to schedule above.
- Additional drinks and a snack will be provided to all campers each day.

Make all checks payable to **Judo America** and mail to:

Judo America
30755 E. Loma Linda Rd.
Temecula, CA 92592