

California Judo Inc. and Judo America San Diego proudly present



# FIGHT LIKE A GIRL

“A mini-camp for girls, and yes, for boys, too!”



**DATES:** Saturday, May 6: 1-6 pm (Coed practice & **sleepover for females ONLY**)  
Sunday, May 7: 10am-4pm (Female practice only)  
Optional: Join our regular Friday practice. Kids: 6-7pm, teens/adults from 7-8:30pm.

**LOCATION:** Judo America San Diego  
9825 Carroll Centre Road, San Diego CA 92126  
(858) 578-7748

**CLINICIANS:** **Gerald Lafon, Ann Maria Rousey DeMars and Steve Bell.** Valerie Gotay will be one of the participants and will be helping out as well.

**GUEST SPEAKER:** **Dr. Brent Rushall**, world-renowned sports psychologist from San Diego State University, will give a presentation on Saturday. He has worked with hundreds of world class and Olympic athletes, including Valerie Gotay. Dr. Rushall is the author of *Imagery Training in Sports, Think and Act Like a Champion* and *Training for Sports and Fitness*. Don't miss this presentation!

**ELIGIBILITY:** Minimum age 10 years old, rank of orange belt and higher. Must be USJA/USJI/USJF member

**COST:** \$25.00 per day for Saturday and Sunday. Friday practice with Judo America is FREE.

**REGISTRATION:** Advanced registration by May 1 is highly encouraged since we will have limited space. Please make checks out to Judo America.

**LODGING:** Budget Inn within walking distance from the club. (858)578-4350, 9350 Kearny Mesa Road, San Diego CA 92126. \$69.99 1 adult, \$79.99 2 adults, children stay free. \$5 less with AAA discount.

**Note:** For the girls who need a place to stay on Friday night, we have a few Judo America parents who will volunteer to open up their homes. Please contact Martina Pappas at (619) 572-5444 if you are requesting lodging for Friday night.

**DIRECTIONS:** For driving directions go to: <http://www.judoamerica.com/sandiego/sdinfo.shtml>

**HOSTED BY:** Judo America San Diego

**SANCTION BY:** California Judo Inc.

**INFORMATION:** Gerald Lafon at (858) 578-7748, [glafon@judoamerica.com](mailto:glafon@judoamerica.com), or Martina Pappas (619) 572-5444

## Tentative Schedule of Events

### Friday, May 5

6:00pm: Optional practice for kids with regular Judo America class

7:00pm: Optional practice for teens and adults with regular Judo America class

8:30pm: Practice ends

**Note:** Lodging and meals for Friday are **not included** in camp fee.

Female athletes staying for camp may request home-stay with Judo America families or stay at the Budget Inn.

### Saturday, May 6

12:30-1:00pm – Registration

1pm: Training starts

3pm: Presentation by Dr. Rushall, sports psychologist

4pm: Training resumes

6pm: Training ends

7pm: Sleepover (Pizza, games & other girl stuff included in camp fee)

### Sunday, May 7

9am: Breakfast (included in camp fee)

10am: Training Begins

Noon: Lunch (available for purchase outside the club)

1pm: Training Continues

4pm: Training Ends

## Camp Essentials

- ✓ Good attitude and strong work ethic!
- ✓ Money for meals and snacks
- ✓ Sleeping bag and pillow
- ✓ Toilet articles (toothbrush, toothpaste, non-metallic hair band, deodorant, etc.)
- ✓ Towel
- ✓ Water bottle
- ✓ Judo gi
- ✓ T-shirt for girls
- ✓ Change of clothes

## Fight Like A Girl Mini-Camp Registration Form

**Mail Completed Paperwork to: Gerald Lafon, 8621 Andromeda Road, San Diego CA 92126**  
**Make check out to Judo America.**  
**Registration should be received by May 1 to ensure participation!**

**Registration for:**  Friday (FREE)  Saturday (\$25)  Saturday Sleepover (FREE)  Sunday (\$25)

Name: \_\_\_\_\_ Dojo: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Female  Male Birth Date: \_\_\_\_\_ Age: \_\_\_\_\_ Rank: \_\_\_\_\_

USJF#: \_\_\_\_\_ USJA#: \_\_\_\_\_ USJI#: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

### WARNING!

#### WAIVER AND RELEASE OF LIABILITY AND AGREEMENT TO PARTICIPATE

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 **United States Judo Federation, USA Judo, United States Judo Association, California Judo Inc., and Judo America San Diego**, I hereby:

1. Acknowledge that I am familiar with the sport of Judo and understand the rules governing the sport of Judo.
2. Agree that, prior to participating, I will inspect the mats, equipment, facilities, competition pools or divisions, and the elimination or scoring system to be used, and if I believe anything is unsafe or beyond my capability, I will immediately advise my coach, supervisor, and/or a tournament official of such conditions and refuse to participate.
3. Acknowledge and fully understand that I will be engaging in a contact sport that might result in serious injury, including permanent disability or death, and severe social and economic losses due not only to my own actions, inactions or negligence, but also to the actions, inactions, or negligence of others, the rules of the sport of Judo, or 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.
4. Knowing the risks involved in the sport of Judo, I assume all such risks and accept personal responsibility for the damages following such injury, permanent disability, or death.
5. Release, waive, discharge and covenant not to sue the **United States Judo Federation, USA Judo, United States Judo Association, California Judo Inc., and Judo America San Diego** together with their affiliated clubs, their respective administrators, directors, agents, coaches, and other employees or volunteers of the organization, event officials, medical personnel, other participants, their parents, guardians, supervisors and coaches, sponsoring agencies, sponsors, advertisers, and if applicable, owners, lessors, and lessees of premises used in conducting the event, all of whom are hereinafter referred to as "Releasees", from any and all claims, demands, losses, or damages on account of injury, including permanent disability and death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise to the fullest extent permitted by law.

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. I affirm that I am at least 18 years of age, or, if I am under 18 years of age, I have obtained the required consent of my parent/guardian as evidenced by their signature below.

\_\_\_\_\_  
Participant

\_\_\_\_\_  
Participant's Signature

\_\_\_\_\_  
Date

