

## APPLICATION FORM

FILL OUT AND SIGN THEN RETURN APPLICATION TO  
Ascend Wrestling  
10 Michael Drive, Old Bethpage, NY 11804

**MAKE CHECK PAYABLE TO:** Ascend Wrestling

(5th-12th Grade)

July 30th - August 1st, 2011

200 SPOTS AVAILABLE

Tuition: \$255 commuter or resident coach

Enclosed is my \$125 deposit + \$130 due at check in

\*remember only cash or money order will be  
accepted for balance at check in

LAST NAME FIRST NAME

ADDRESS

CITY STATE ZIP

HOME PHONE

WEIGHT GRADE, FALL OF 2011 SHIRT SIZE

SCHOOL ATTENDING

E-MAIL ADDRESS (required)

USA WRESTLING CARD NUMBER (REQUIRED):

INSURANCE CO:

NAME OF POLICY HOLDER:

POLICY ID #:

PLEASE LIST ANY HEALTH RELATED ISSUES

PARENT OR GUARDIAN HOME PHONE E-MAIL ADDRESS BUSINESS PHONE

I HEREBY GIVE MY SON/DAUGHTER \_\_\_\_\_ PERMISSION TO  
PARTICIPATE & COMPETE IN THE COWBOY WRESTLING CAMP. I ASSUME FULL  
RESPONSIBILITY & LIABILITY FOR ANY AND ALL INJURIES MY SON/DAUGHTER MAY  
SUSTAIN DURING CAMP. I UNDERSTAND THAT IN THE EVENT OF AN ACCIDENT OR  
INJURY, ONLY EMERGENCY MEDICAL CARE WILL BE PROVIDED & I HEREBY  
AUTHORIZE THE RENDERING OF SUCH MEDICAL CARE AS MAY BE REQUIRED.

SIGNATURE OF PARENT OR GUARDIAN

Ascend Wrestling



ASCEND WRESTLING

PROUDLY PRESENTS

COWBOY  
WRESTLING CAMP



FEATURING



OSU HEAD COACH

2X OLYMPIC CHAMPION

**JOHN SMITH**

**JULY 30TH - AUG 1ST, 2011**

Island Trees HS - Levittown, NY

For more information contact

[www.ascendwrestling.com](http://www.ascendwrestling.com)

or call 917-449-6098

[WWW.ASCENDWRESTLING.COM](http://WWW.ASCENDWRESTLING.COM)

Close proximity to NYC, Westchester, &  
Northern NJ



ASCEND WRESTLING  
**COWBOY**  
WRESTLING CAMP



### FEATURING

Oklahoma State Head Coach &  
2x Olympic Champion  
**John Smith**

### ABOUT OSU

Head coach John Smith is arguably  
America's greatest wrestler. He won six  
straight World and Olympic titles from

1987-1992 and was the first wrestler to win the prestigious  
James E. Sullivan award, awarded annually to the outstanding  
amateur athlete in the United States. Since 1994, John  
Smith has led the Oklahoma State Wrestling team to five  
NCAA titles, in 1994 and 2003-2006. These wrestlers have  
won 23 individual NCAA titles and 85 All-American honors.  
Smith has also captured 10 conference (Big Eight and Big  
12) team titles and the wrestlers have won 62 conference  
crowns. Smith has a dual meet record of 281-42-4 and the  
281 wins are an Oklahoma State record.

### ABOUT THE CAMP

**Cowboy Wrestling Camp** offers an opportunity for  
wrestlers to improve in all areas. The Cowboy Wrestling  
Camp staff will create an exciting and great learning  
experience. This camp will emphasize a variety of high  
percentage takedown techniques, scoring off bottom, and  
how to effectively ride and score from the top position.

### GENERAL INFO

Once your deposit is received, each camper will be sent a  
confirmation e-mail. Please be sure to include an e-mail  
address. This will be our main source of communication.  
Sessions fill up quickly, so get your applications in as soon  
as possible since slots will be filled on a first come, first  
serve basis.

### WHAT TO BRING

Each camper will be expected to supply their own workout  
gear, shoes, shirts, shorts, singlets, etc. Headgear is optional.  
If braces are worn, a mouthpiece is required. Bring  
multiple changes of clothes and towels as campers will be  
expected to shower in between sessions.

### CAMP SCHEDULE

**July 30** - Check In/Registration: 5:00 pm - 6:30 pm  
Session 1: 7:00 pm - 9:00 pm • Instructional & drill

**July 31** - Session 1: 9:00 am - 11:00 am • Instruction & drill  
Lunch Break: 11:00 am - 12:00 pm  
Session 2: 12:00 pm - 2:00 pm Instruction & drill  
2:00 pm - 3:00 pm break  
Session 3: 3:00 pm - 5:00 pm Instruction, drill,  
and live wrestling

**August 1** - Session 1: 12:00 pm - 2:00 pm • Instruction  
2:00 pm - 2:30 pm break  
Session 2: 2:30 pm - 4:30 pm • Instruction, drill,  
and live wrestling  
Session 3: 4:30 pm - 5:00 pm • Hard drill

**Fees:** \$255 commuter or resident coach\*  
Coaches who bring 6 or more athletes attend free of  
charge. Camp includes instruction, facility usage, and a  
team camp shirt.

**Refunds:** There will be no refund of deposit once it is  
received by Ascend Wrestling. There is also no refund  
or prorating of the remaining balance once the camp  
begins - injuries included.

**Health Insurance:** Participants in the camp will be  
covered by insurance provided by USA Wrestling. No one  
will be admitted to the camp without a signed release and  
a valid USA Wrestling Card number.  
Both must be provided on the application.

**WE LOOK FORWARD TO WORKING  
WITH YOU THIS SUMMER**

### CAMP DIRECTOR



**Craig Vitagliano**  
Head Coach Ascend Wrestling Club  
1997 University National Freestyle Champ  
4 Year Starter at Harvard University  
New York State Champion  
3x Nassau County Champion

### CLINICIANS



**John Smith**  
OSU Head Coach  
2000 Olympic Team Coach  
2x Olympic Gold Medalist  
4x World Champion  
National Wrestling Hall of Fame



**Zach Esposito**  
2005 NCAA Champion  
3x All-American  
2008 World Cup Team Member  
NHSCA Senior National Champion

### COWBOY COUNSELORS



**Jordan Oliver**  
2011 NCAA Champion  
2x All-American  
Bronze Medalist, FILA Jr  
World Championships



**Alan Gelogaev "Z"**  
2010 All-American  
3rd Place 2006 Russian Nationals  
Trained under wrestling legend  
Buvaisar Saitiev

**JULY 30TH - AUG 1ST, 2011**

**WWW.ASCENDWRESTLING.COM**