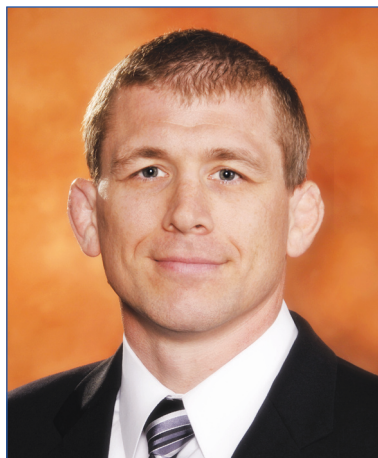


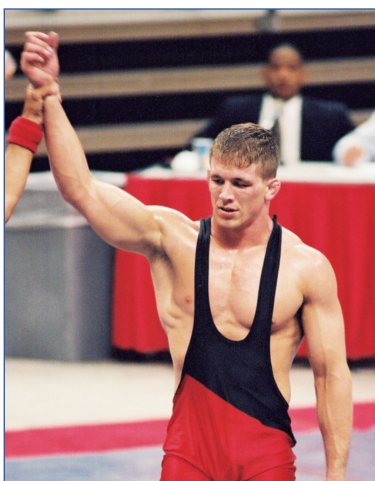


# TECHNIQUE CAMP WITH WORLD CHAMPION LES GUTCHES

Improve your wrestling over Christmas Break



- 1997 Freestyle World Champion
- 1999 World Bronze Medalist
- 2x NCAA Div. I National Champion
- First Team Academic All-American
- 1996 Hodge Trophy winner
- National Wrestling Hall of Fame
- 5x US Open Freestyle Champion
- Outstanding Wrestler - US Open & NCAA Championships
- USA Wrestling - Director of Program Development
- MBA Honors Graduate, Oregon St.



## TEACHING PHILOSOPHY:

My approach is simple: Teach high-percentage, basic techniques that work at all levels of the sport - from beginner to world-level competition. The clinic is limited to the first 50-55 participants to ensure a high quality experience with plenty of one-on-one instruction. Sign up now to reserve your spot!

## CAMP FORMAT:

- Camp is for wrestlers 5 years thru Middle School
- Instruction will be in all three positions - Feet, Top, and Bottom
- Emphasis on skill development, situation wrestling, and drills
- Skills are taught in logical and systematic progression

## CAMP DETAILS:

**Dates:** Thursday, December 22nd and Friday, December 23rd

**Times:** 8:30 am - 5:00 pm both days - *Drop off at 8am if needed*

**Cost:** \$60 - includes 2-day camp and t-shirt

**Location:** Hutchinson High School, 810 East 13th Ave, Hutchinson, KS

## CAMP SCHEDULE:

### Thursday, December 22nd

- 8:30-9:00 AM Registration
- 9:00-9:30 AM Warm Up
- 9:30-11:30 Technique Session #1  
Leg Attacks - Neutral Position
- 11:30-12:30 Break and Lunch
- 12:30-2:30 PM Technique Session #2  
Snap-Downs and Short Offense
- 2:30-3:00 PM Break and Snack
- 3:00-4:00 PM Technique Session #3  
Upper Body Attacks
- 4:00-5:00 PM Skills, Drills, & Games
- 5:00 PM Camper Pickup

### Friday, December 23rd

- 8:30 -9:00 AM Drop Off & Roll Call
- 9:00-9:30 AM Warm Up
- 9:30-11:30 AM Technique Session #4  
Counters - Neutral Position
- 11:30-12:30 PM Break and Lunch
- 12:30-2:30 PM Technique Session #5  
Tilts, Turns, & Pins
- 2:30-3:00 PM Break and Snack
- 3:00-4:00 PM Technique Session #6  
Escapes and Reversals
- 4:00-5:00 PM Q & A Session
- 5:00 PM Camper Pickup

## CAMP REMINDERS:

- Free admission for parents and coaches
- Campers need to bring snacks, water bottle, and sack lunches
- Bring 3 clean shirts for each day of camp
- USA Wrestling membership is required
- Signed release and waiver of liability agreement required

## CAMP REGISTRATION:

To reserve your spot today, call Jennifer Gutes at 541.538.8324 or by email at [jengutes@yahoo.com](mailto:jengutes@yahoo.com) and mail your completed forms to address at bottom of Registration Form.

**COME PREPARED TO MAKE THE MOST OUT OF YOUR EXPERIENCE.  
I LOOK FORWARD TO SEEING YOU ON THE MAT!**





# 2011 GUTCHES TECHNIQUE CAMP REGISTRATION FORM

**Thursday, December 22nd and Friday, December 23rd**

Registration Form

Wrestler's Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Parent/Guardian's Name: \_\_\_\_\_ Approx Wt: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_ Secondary Phone: \_\_\_\_\_

Email: \_\_\_\_\_ School: \_\_\_\_\_

Grade: \_\_\_\_\_ USA Wrestling Membership # \_\_\_\_\_

T-shirt Size: YS YM YL S M L XL

Please register by December 12th to insure you get a camp t-shirt. The camp will be held in the HHS wrestling room which will safely accommodate 50 to 55 kids depending on ages registered. Parents and coaches are welcome to stay and watch.

**Camp Cost:** \$60 per wrestler - includes 2-day camp and t-shirt - Campers need to bring snacks, water bottle, and sack lunches

**Team discount:** \$50 per wrestler with 6 or more participants from the same school - that register at same time.

**Payment:** Make Checks Out to Gold Medal Enterprises LLC

Mail Registration Forms and Check to:

Gold Medal Enterprises LLC

P.O box 26014

Colorado Springs, CO, 80936

**Important Contact Information:**

Jennifer Gutches ph: 541.538.8324 | email: jengutches@yahoo.com





# RELEASE AND WAIVER OF LIABILITY AGREEMENT

**Thursday, December 22nd and Friday, December 23rd**

Please fill out and sign this form. Note that minors will need their parent/guardian to complete the bottom portion. Athletes who have not turned in a completed waiver will not be permitted to take part in the Les Gutches Technique Camp.

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT WITH PARENTAL CONSENT ("AGREEMENT") IN CONSIDERATION of being permitted to participate in any way in any event ("Activity") at any time during the current calendar year I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of the Activity and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further agree and warrant that if, at any time, I believe the conditions to be unsafe, I will immediately discontinue further participation in the Activity.
2. FULLY UNDERSTAND that: (a) THIS ACTIVITY INVOLVES RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH ("Risks"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the conditions in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS or SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation ,or that of the minor, in the Activity.
3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the sanctioning organization(s), their administrators, directors, agents, officers, members, volunteers, and employees, other participants, officials, rescue personnel, sponsors, advertisers, owners and lessees of Premises on which the Activity is conducted, (each of the forgoing shall be considered one of the RELEASEES herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED, OR ALLEGED TO BE CAUSED, IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may be incurred as the result of such claim.

I ACKNOWLEDGE THAT I AM OVER THE AGE OF 18 YEARS, HAVE READ THIS AGREEMENT AND FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE, AND I INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

PRINTED NAME OF PARTICIPANT: \_\_\_\_\_

PARTICIPANT'S SIGNATURE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
 (Street) (City) (State) (Zip)

PHONE: \_\_\_\_\_ DATE: \_\_\_\_\_

**Below section must be completed by Parent/Guardian for any participant under the age of 18.**

**MINOR RELEASE:**

AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF THE ACTIVITY AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEE'S FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED, OR ALLEGED TO BE CAUSED, IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALFMAKES A CLAIMS AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR ANY COST THAT MAY OCCUR AS A RESULT OF ANY SUCH CLAIM.

PRINTED NAME OF PARENT/GUARDIAN: \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE ( if participant is under the age of 18): \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
 (Street) (City) (State) (Zip)

PHONE: \_\_\_\_\_ DATE: \_\_\_\_\_



# TECHNIQUE CAMP WITH WORLD CHAMPION LES GUTCHES

