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PARENTAL / GUARDIAN  
CONSENT AND WAIVER  
OF RESPONSIBILITY

Creighton School of Wrestling

I hereby acknowledge that participation in this wrestling club and related activities is at the sole discretion and judgement of the parents or guardian and involves an inherent risk of physical injury. I, on behalf of my child, hereby assume all such risk. I hereby release and agree to hold harmless Braumon Creighton, Jane Lathrop Stanford Middle School, and the Palo Alto Unified School District from all claims, actions, damages, and liabilities for personal injury or damage relating to or arising out of any wrestling club activity. I authorize Braumon Creighton and/or his Club Coaches to act for me in any medical emergency according to their best judgement, including 911 emergency care if deemed necessary. In case of injury or illness, necessary emergency action is authorized without need to contact the parent or legal guardian. I understand that any and all charges resulting from this medical treatment will be billed to me at my address or to my insurance carrier. Braumon Creighton, Jane Lathrop Stanford Middle School, and Palo Alto Unified School District are not responsible for lost or stolen property.

\_\_\_\_\_  
Parent or Guardian Signature      Date

\_\_\_\_\_  
Emergency Contact      Phone Number

\_\_\_\_\_  
Medical Insurance Company & Policy #

**Permission to Use Photo:** I authorize the Creighton School of Wrestling to use photographs of me and/or my child for promotional purposes in any type of media including the websites without fee or charge.

Parent or Guardian Signature: \_\_\_\_\_

COSTS :

The Creighton School of Wrestling's Kids/Youth Spring fees for March to May, 2011:

- **Basic Training:** (Kindergarten to 8th Grade): Sunday Practices for \$225/Spring
- **Training + Competition:** Sun/Tue/Th Practices and ~ 5 Matches for \$275/Spring

Monthly options available, but we strongly prefer one payment for Spring season.

For an additional fee, a club t-shirt can be purchased. Please contact Coach Creighton for details.

**Refund Policy:** Due to fixed costs associated with our facility, we will have NO REFUNDS.

In addition, all attendees must have a current USA Wrestling athlete card ([www.usawmembership.com](http://www.usawmembership.com) \$40.00)

THINGS TO BRING :

Each wrestler must provide prior to participation

- **Cards:** a copy of their USA Wrestling card (for insurance purposes), and a copy of medical/health insurance information
- **Wear:** Wrestling shoes, sweat pants, gym shorts, and a close-fitting t-shirt. (Head-gear is not required.) For safety, clothes must be clean. Valuables should be left home.

Creighton School of Wrestling's  
**Spring Wrestling  
Programs 2011**

**New Days & Times!**



March 20 to May 22

**Basic Training:\***

Kids/Youth Club: Sundays 1:30 - 2:30 pm

**Training + Competition:\***

Kids/Youth Club: Sundays 1:30 - 2:30 pm  
Practice with JLS: Tue/Th  
Matches: Selected Wed 4:30 - 6:30 &  
Saturday May 14 all day

*JLS Middle School  
480 E. Meadow Drive Palo Alto, CA*

*Contact Info: 650-219-6383*

*[creightonschoolofwrestling@yahoo.com](mailto:creightonschoolofwrestling@yahoo.com)*

\* See inside for a schedule of dates



# Creighton School of Wrestling (CSW)

## Youth Programs Spring 2011

March 20, 2011 to May 22, 2011 **New Schedule!**

### WRESTLING PHILOSOPHY

Coach Creighton, a two-time NCAA Division II national champion, teaches Physical Education at JLS Middle School in Palo Alto. Braumon established the Creighton School of Wrestling to provide a successful youth wrestling program in the Palo Alto/Mid-Peninsula area that serves youth of all ages.

### PROGRAM OBJECTIVES

- **Training:**
  - Introduction to wrestling for newcomers
  - Develop body awareness, balance, coordination and improved strength
  - Teaches discipline and respect while having fun
  - Provide an introduction to basic and advanced moves that suit each wrestler's abilities
- **Competition:**
  - Reinforce that wrestling is **Fun**
  - Learning wrestling's positions (standing/neutral, top, & bottom, terminology and rules)
  - Develop the **toughness** to prepare and perform at a personal best level
  - Learn from competition and use experiences to focus training

### SCHEDULES

**Spring Basic Training** meets on the following:

- **Sundays 1:30-2:30pm:** 3/20, 3/27, 4/3, 4/10, 4/17, 5/1, 5/8, 5/15 and 5/22.

**Spring Basic + Competition** meets

- Sundays as above
- Tue/Th starting March 15 except the week of April 11 (~4:00-5:30)
- Dual meets 4/6 (JLS), 4/20 (JLS), 4/27 (Terra Nova HS), 5/4 (La Entrada MS), 5/11 (JLS)
- Tournament on 5/14 at Serra HS in San Mateo: 12/26 & and additional dates to be announced
- Open tournaments: To be determined

### CONTACT INFORMATION

- Email:  
[creightonschoolofwrestling@yahoo.com](mailto:creightonschoolofwrestling@yahoo.com)
- Cell: 650-219-6383
- Web Site:  
[www.creightonschoolofwrestling.com](http://www.creightonschoolofwrestling.com)

*“Wrestling is not a sport of brute strength nor isolated holds, but rather an activity where a systematic physical and mental approach can lead anyone to success.”*

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### REGISTRATION FORM

Please fill out **BOTH** sides and mail with payment to: (Please note new address)

*Braumon Creighton*  
*Youth Wrestling Spring 2011*  
*706 Vaquero Dr.*  
*Mt. View, CA 94043*

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

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

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

Phone: \_\_\_\_\_ Grade in Fall: \_\_\_\_\_

Age: \_\_\_\_\_ Ht: \_\_\_\_\_ Wt: \_\_\_\_\_ T Shirt Size: \_\_\_\_\_

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

USA Wrestling Card #: \_\_\_\_\_

Spring 2011 Options	Check Category	Price for Spring
<b>Kids/Youth Club (K-8)</b> Basic Training		\$225
<b>Kids/Youth Club (K-8)</b> Training + Competition		\$275

Order total: \_\_\_\_\_

Discount\*: \_\_\_\_\_

Total: \_\_\_\_\_

Please make checks payable to:  
**Braumon Creighton**

**TOTAL ENCLOSED:** \_\_\_\_\_

*\* Referral Discount: If you refer a new participant who signs up for the full session, you receive a \$10 discount:*

*\* New Participant: . \_\_\_\_\_*