# Camp Olympus 2011

in beautiful San Diego, California

# August 1-5



Valerie Lafon Gotay
2x Olympian, 8x National Champion



**Gerald Lafon**International Coach



**Israel Hernandez** 2x Olympic Bronze Medalist

## This is what you get at Camp Olympus:

Proper/dynamic warm-ups · Goal setting · Acrobatics for Judo · Defenses & counters

Developing an inventory of Judo skills · Functional gripping · Simple & complex combinations

Introduction to competitive tactics · Strength & conditioning · Combative games















Limited enrollment for ages 7-14, so register early!

For more information: (858) 578-7748 or info@judoamerica.com

#### **Camp Olympus**

Registration Form (Please print)

Make check out to Judo America and mail forms to: Gerald Lafon, 8621 Andromeda Road, San Diego CA 92126 Name (First, Middle, Last) City Zip Address Email Address Home phone # ☐ Male ☐ Female Weight Rank Date of Birth □ USJA □ USJF □ USA Judo Membership # \_\_\_\_ ☐ Camp + Overnight Homestay Applying for: ☐ 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), Judo America, and Isvael Sport, 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, Judo America, and Isvael Sport to provide any medical or other insurance. 4. Release, waive, discharge and covenant not to sue the USJA, Judo America and Isvael Sport, 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 August 1-5 camp:**

Camp only: \$200 if postdated by July 18, \$225 after July 18. Camp with homestay: \$325 postdated by July 18. Family discounts available. There are only 8 slots available for homestayers! 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.

#### **Age Waiver**

If your child doesn't meet our suggested age requirement, and you would still like him/her to participate, contact us to see if we can include your child in our camp.

### 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 (homestayers)

#### **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 (858) 578-7748 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:**

- Homestayers 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 8621 Andromeda Road San Diego, CA 92126