

MEDICAL RELEASE/APPROVAL

In consideration of being allowed to participate in this camp, I hereby RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE the Oklahoma City University Wrestling Camps, the Oklahoma City University, the Board of Regents of the Oklahoma City University, and their officers, servants, agents or employees (hereinafter referred to as RELEASEE) from any and all liability, claims, demands, or course of action whatsoever arising out of or related to any loss, damage or injury, including death, that may be sustained by me/my child, or to any property belonging to me/my child, WHETHER CAUSED BY NEGLIGENCE OF THE RELEASEE, or otherwise, while participating in this Camp, or while in, or on the premises where the Camp is being conducted.

To the best of my knowledge I/my child am/is in good physical condition and I am not aware of any physical infirmity that would place me/my child at risk to participate in any way with the Camp's activities. I am fully aware of the risks and hazards connected with this Camp. I VOLUNTARILY ASSUME RESPONSIBILITY FOR ANY RISK OF LOSS, PROPERTY DAMAGE OR PERSONAL INJURY, INCLUDING DEATH, that may be sustained by me/my child, or any loss or damage to property owned by me/my child, as a result of being engaged in the Camp's activities, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEE, or otherwise. I further hereby AGREE TO INDEMNIFY AND HOLD HARMLESS, the RELEASEE, from any loss, liability, damage or cost, including court costs and attorneys' fees, that may be related to me/my child's participation in the Camp, WHETHER CAUSED BY NEGLIGENCE OF RELEASEE or otherwise. During the period of the Camp, I hereby give my permission for the staff of the Oklahoma City University or this Camp to administer appropriate medical attention to me/my child in the event of any accident, illness or injury. I will be responsible for any and all costs of medical coverage and treatment provided not covered by insurance. It is my express intent that this Waiver of Liability and Hold Harmless Agreement Consent to the Medical Treatment shall bind the members of my family and spouse, if I am alive, and my heirs, assigns and personal representative, if I am deceased, and shall be deemed as a RELEASE, WAIVER, this Waive of Liability and Hold Harmless Agreement/Consent to Medical Treatment shall be construed in accordance with the laws of the State of Oklahoma. In signing this release, I acknowledge and represent that I have read and understand it and sign it voluntarily: I am at least eighteen (18) years of age and fully competent; and I execute this Release for full, adequate and complete considerations fully intending to be bound by the same.

I HAVE FULLY READ THIS WAIVER OF LIABILITY AND FULLY UNDERSTAND ITS TERMS. I UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

(Please attach any further medical information that may be pertinent)
This is not an official function of the Oklahoma City University.

Parent/Guardian Signature _____

Name of Camper _____

Date _____

GENERAL INFORMATION

Facilities and Location

OCU Wrestling Camps feature some of the finest facilities in the country. Campers will stay in college dormitories on the campus of Oklahoma City University and will eat in the school's recently renovated "all-you-can-eat" style cafeteria. Each dorm building has pool tables, television and snack machines.

Supervision and Rules

Participants will be supervised during all organized times and in the dormitory. Campers will be required to attend all assigned activities and instruction sessions. Those enrolled in the camp must comply with the rules and regulations governing conduct of the students on campus. Any violations or abuse of these rules will cause immediate dismissal from the camp without a refund.

We will use every precaution to prevent accidents. We do not, however, assume any responsibility for medical, dental, or other expenses incurred as a result of accidents. A parent or guardian must sign the application before the wrestler is accepted into the camp.

Minimum age for resident campers is 13 years old and minimum age for commuters is 6 years old.

Health Insurance

Participants in all camps must provide their own insurance. Secondary accident insurance can be obtained by purchasing a USA wrestling card for \$25. No one will be admitted to the camp without a signed release and an insurance policy number. Both must be provided on the application.

What to Bring

Bring your own bedding, a pillow, sheets and towels. Two people will be assigned to each room at check-in. Each camper will be expected to supply his/her own workout gear, shoes, shirts, shorts, singlets, etc.

Fees

Cost for the four-day Men's /Women's camp in Oklahoma City is \$300 per camper. A fee of \$150 will be charged to commuters who attend the camp but do not stay overnight or eat meals. A commuter may purchase a meal plan for \$80.

The three-day camp for grades 1-6 is \$100, lunch is provided.

The three-day team camp in El Paso, Texas, is \$500 per team up to 15 wrestlers. Each person beyond 15 is \$100. Individuals who want to come but don't have a team attending is \$125 per person.

Fees include instruction, room and board, use of all facilities and a top-quality camp T-shirt. No refunds will be made. Group applications must arrive in one envelope.

Group Discounts:

One coach free for 8+

Two coaches free for 12+

10% discount to groups of 12+

A deposit of \$75 is required with this application. The balance is due and payable upon registration. Personal checks will be accepted for deposit, but only cash or a money order will be accepted at check-in. A \$25 late fee will be accepted at the door.

CAMP SCHEDULE

OCU All-Star Wrestling Camp participants receive nationally renowned coaching and intensive instruction. Camps are conducted with the attitude of becoming a champion and are focused on helping all wrestlers realize their greatest potential as athletes through discipline, dedication and determination.

OCU Men and Women Jr. High and High School Camp (Grades 7-12)

June 21-24. Registration at 9 a.m. June 21

Session #1: 10 a.m. to noon —Technique

Lunch: Noon to 1:30 p.m.

Session #2: 2-5 p.m. — Incorporate drills with new technique

Break: 5-6 p.m.

Session #3: 6-8 p.m. — Live wrestling (Duals)

Day Camp (Grades 1-6)

June 21-23. Registration at 8 a.m. June 21

Session #1: 9-11 a.m. — Technique

Lunch: 11 a.m. to noon

Session #2: Noon to 2:30 p.m. — Incorporate drills with new technique

Break: 2:30-3 p.m.

Session#3: 3-5 p.m. —Live wrestling and games

OCU Men's and Women's Texas Team Camp

July 17-19.

Sessions #1: 9 a.m. to 12:30 p.m. — Technique

Break: 12:30-2 p.m.

Session #2: 2 p.m. until competition is finished (Dual)



OKLAHOMA CITY UNIVERSITY
All-Star Wrestling Camps 2008
2501 N. Blackwelder • Oklahoma City, OK 73106



COACH ARCHIE RANDALL'S
All-STAR
WRESTLING CAMPS
2010



OKLAHOMA CITY UNIVERSITY

Non-Profit Org.
U.S. Postage
PAID
Permit No. 34
Okla. City, OK

OCU WRESTLING CAMP STAFF



Archie Randall
Head Wrestling Coach
Oklahoma City University

Drawing upon his many years of experience as a former competitor and as a coach for wrestlers at every level of amateur competition, Randall designs his camps to meet the needs of all wrestlers. They develop athletes in all aspects of preparation to become champions. Coach Randall has produced champions at all levels. He has broken every high school coaching record in the state of Oklahoma.

Randall's high school teams produced 21 state titles, 54 state champions, 52 state placers, 22 All-State wrestlers, and 44 wrestlers received scholarships to colleges and universities across the nation. As a junior high coach, Randall set the record at Jr. High All State with the most points to win the state title. In the second season of the women's wrestling program at OCU, the Stars reclaimed the NWCA National Dual Champions for the second time in two years and claimed the WCWA Women's College Nationals title. OCU has crowned six national champions, eight runners-up and a total of 27 All-Americans. OCU finished in the top 15 every year of the program. OCU has qualified 32 to the national tournament and produced nine All-Americans. Last season the Stars qualified 12 for the NAIA National Tournament and are returning 10 starters.

Randall has received numerous coaching awards, including: USAW Presidential Award; Wrestling Hall of Fame 25th Service Award; Daily Oklahoman Wrestling Coach of the Year All Classes (two times); Oklahoma Wrestling Coaches Association Coach of the Year (seven times); Suburban Wrestling Coach of the Year (six times); Daily Oklahoman Small Town Coach of the Year (three times); NHSACA Coach of the Year finalist; USA Olympic Committee Development Coach of the Year; USA Wrestling Development Coach of the Year; Wrestling USA Dream Team Coach of the Year; Daily Oklahoman Big School Coach of the Year (three times); All State Coaches Association Jr. High Coach of the Year; and Oklahoma Coaches Association Jr. High Coach of the Year.



Link Davis
Assistant Coach
Oklahoma City University

Coach Davis was a varsity wrestler at Cleveland High School (Okla.) and was on the Cadet and Juniors National Teams. He wrestled for Missouri Valley College and the University of Central Oklahoma. In 1997 he became an assistant coach for Enid High School (Okla.) and was named head coach for Poteau High

School (Okla.) in 1999. Davis also served as assistant coach and as head coach at Broken Arrow High School (Okla.) until 2005. In 2006 Davis served as assistant coach at El Reno High School (Okla.). His other coaching positions include Oklahoma Cadet Team director; head coach, USA OK Kids Freestyle and Greco teams; Oklahoma Junior team director; and USA-Oklahoma Freestyle/ Greco staff member. Awards and accomplishments: Oklahoma Coaches Association Assistant Coach of the Year and USA Wrestling Coach's Achievement Award. Davis has led his wrestling teams to a runner-up and Dual State Championship, Cadet Dual National Champions and Junior Dual National Champions.



Mikel Delk
Assistant Coach,
Oklahoma City University

Coach Delk attended Skiatook High School where he was a two-time state champion. He then attended Labette Community College where he earned All-American honors placing third at the NJCAA National Tournament in 2004. He attended Fort Hays State University where he was a two-time NCAA II All-American in 2006-07. Delk served as a student assistant for the Tigers in 2007-08 seasons. In 2008-09 seasons he served as an assistant coach at Catoosa High School where they won second place as a team at the state tournament, finishing with four state champs and two runners-up, and placing second at dual state.



Zach Randall
Assistant Coach/Kid's Day Camp Director
Oklahoma City University

Coach Z. Randall attended the University of Oklahoma where he earned three varsity letters and was a three-time NCAA national qualifier. Randall placed as high as second at the Big Eights. He was a two-time USAW National All American and a two-time state runner-up. He has coached at every level of wrestling including assistant coach at El Reno High School, which won several team state titles, and he is currently a volunteer coach at OCU.

Our counselors are all current OCU wrestlers, including:



Corey Johnson
Oologah, OK
2X National Qualifier
NAIA All-American



Nik Turner
Norman, OK
2X National Qualifier
NAIA All-American



Melissa Simmons
Ridgefield, WA
WCWA National Champion



Kristie Marano
Albany, NY
2X World Champion
7X World Medalist



Michaela Hutchinson
Soldotna, AK
WCWA National Champion



Tessa Plana
Coppell, TX
WCWA National Champion

OCU Men's Wrestling 2009-10

Nik Turner, Norman, Okla.
NAIA all-American, 157 pounds

Bryce Dicus, Catoosa, Okla.
Kidd Gomez, Noble, Okla.
Robert Turrentine, Tulsa, Okla.
Chad Kochenower, Kingfisher, Okla.
Aldo Valdez, Molina, Texas
Cameron Ream, Wentzville, Mo.
Allen Lea, Webber Falls, Okla.
y-Jeremy Garner, Oklahoma City
Kenny Wheeler, Ponca City, Okla.
John Lynch, Lakin, Kan.
y-Will Shelton, Sperry, Okla.
Jacob Keah-tigh, Fort Defiance, Ariz.
Cole Nelson, Pinetop, Ariz.

Corey Johnson, Oologah, Okla.
NAIA all-American, 285 pounds

y-Mark Meyer, Midwest City, Okla.
Marvin Lewis, Bartlesville, Okla.
y-Andrew Pontikes, Elgin, Okla.
Josh Van Holland, Shawnee, Kan.
John Daugherty, Mannford, Okla.
Mathew Moses, Spring, Texas
y-Tyson Campbell, Imperial, Mo.
y-Jake Mabry, Gig Harbor, Wash.
Collin MacMillan, Oologah, Okla.
y-Jeremy Johnson, Bethany, Okla.
Ronnie Hood, Mcloud, Okla.

y-NAIA Championships qualifier

OCU Women's Wrestling 2009-10

Michaela Hutchinson, Soldotna, Alaska
2009 national champion, 55 kilograms
Tessa Plana, Coppell, Texas
2009 national champion, 63 kilograms

Melissa Simmons, Ridgefield, Wash.
2008 national champion, 72 kilograms

x-Stephanie Waters, Joliet, Ill.
x-Sarah Rowen, Vancouver, Wash.
x-Joey Miller, Woodward, Okla.
x-Nicole Woody, Gambriels, Md.
Taylor Busboom, Spring, Texas
Na'Tasha Umamoto, Portland, Ore.
Logan Rich, Rockport, Maine
Kirsten Strickler, Frisco, Texas
Sarah Alpar, Amarillo, Texas
x-Ashley Hudson, Wildwood, Mo.
Emma Johnson, Lawrence, Kan.

Audrey Morehouse, Moreno Valley, Calif.
x-Samantha Phillips, Manteca, Calif.
Laura Ponshock, Tomball, Texas
Sheila McCabe, El Cajon, Calif.
Brittany Roberts, Spring, Texas
Brittany Delgado, Simonsville, S.C.
Kristie Davis, Mustang, Okla.
x-Karon Scott, Austin, Texas

x-WCWA all-American

APPLICATION FORM

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Day Phone _____

E-mail _____

Age _____ Birthdate _____ Weight _____

School Attending _____

Coach Name _____ Phone _____

T-Shirt Size _____

Insurance Company _____

Policy Number _____

Which camp are you attending?

- Men's/Women's - June 21-24 Registration at 9 a.m.
- Commuter (\$150)
 - Camper (\$300)
- Elementary Day Camp June 21-23 (\$100) Registration at 8 a.m.
- Grades 1-6
 - Lunch will be provided
 - Three sessions 9 a.m. to 5 p.m.
- El Paso, Texas Team Camp June 17-19 (Location to be determined)
- Team Camp - The camp is \$500 per team up to 15 wrestlers. Each wrestler beyond 15 is \$100.
 - Individuals who want to come but don't have a team attending is \$125 per person.

Please complete and enclose \$75 deposit or \$250 team deposit with application to:

Link Davis/Mikel Delk
Oklahoma City University Wrestling
2501 N. Blackwelder
Oklahoma City, OK 73106
ldavis@okcu.edu
mgdelk@okcu.edu
(405) 606-4826

On-site registration at Freede Wellness Center on the campus of Oklahoma City University - 10 a.m., \$25 late fee.

Oklahoma City University provides equality of opportunity in higher education for all persons, including faculty and employees with respect to hiring, continuation, promotion and tenure, applicants for admission, enrolled students, and graduates, without discrimination or segregation on the grounds of race, color, religion, national origin, gender, age, handicap or disability, sexual orientation, or veteran status.

The Assistant Vice President of Human Resources, located in Room 105 of the Clara E. Jones Administration Building, telephone (405)208-5857, coordinates the university's compliance with titles VI and VII of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, the Rehabilitation Act of 1973, the Americans With Disabilities Act, and the Age Discrimination in Employment Act. • A134109

