

SACHEM EAST MIDDLE SCHOOL PRE
SEASON WRESTLING GRADES 6TH-8TH



GET A JUMP START ON
THE MIDDLE SCHOOL
WRESTLING SEASON!

OUR TEN-WEEK
PROGRAM WILL PREPARE
YOU BY IMPROVING
YOUR POSITIONING,
FITNESS, TECHNIQUE,
MIND -SET.

DON'T LET YOUR
OPPONENTS OUTWORK
YOU THIS FALL!

WINTER IS
COMING

10 WEEK PROGRAM MONDAYS AND WEDNESDAYS
(NOVEMBER 13 –JANUARY 18 7:00 PM - 8:15 PM)

COACHES

Vougar Oroudjov

2X World Champion

Olympic Bronze

Nassau Community College
Wrestling Associate Head
Coach

Carlos Restrepo

2X NCAA DIV 3 All-American

National Finalist

Collegiate State Champion

COST

\$225 Check payable to VHW or
Cash payment at on site
registration

Pre – Registration

Fill out waiver on back side of
flyer and mail check to 126
Rosemont Ave Farmingville
NY 11738

On Site Registration

Monday November 13th and
Wednesday November 15th at
6:15 PM (Sachem East High
School 177 Granny Rd,
Farmingville, NY 11738

Location

Practices will be held at
Sachem East High School.

177 Granny Rd, Farmingville,
NY 11738

Please ask about one day a
week training option if you
have a schedule conflict with
one of the nights. (price will
be pro-rated \$175)

CONTACT INFO:

CARLOS RESTREPO Losadios125@gmail.com

CELL 631-748-8616

FOLLOW US ON INSTAGRAM
[@SUFFOLKVHW](https://www.instagram.com/SUFFOLKVHW)



RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT WITH PARENTAL CONSENT

I Optional (RECOMMENDED) Secondary Insurance Information

Coverage for members of USA Wrestling (Go to: www.usawmembership.com to sign up for annual membership).

• \$50,000 maximum Accident Medical Expense benefit limit with following sub-limits:

- Accidental Dental – \$50,000
- Physical Therapy – \$50,000
- Orthopedic Appliance – \$50,000

If you're not sure what level of membership you hold, please login to your account at www.usawmembership.com or call our membership department at (719) 598-8181

• **Claims must be filed with primary medical carrier first (if applicable)**

• **There is a \$500 out-of-pocket deductible per injury.**

– **Payments made by insurance do not apply to your deductible**

– Out-of-pocket payments that apply to your primary insurance deductible count toward secondary sports accident deductible

• Coinsurance rate is 80% / 20% on the first \$10,000 after the deductible. Thereafter, claims are paid at 100% up to the maximum benefit amount.

• Maximum out-of-pocket expense is \$2,500 per injury (\$500 deductible + \$2,000 coinsurance)

I HAVE READ AND UNDERSTOOD THE ABOVE INFORMATION ON RECOMMENDED SECONDARY INSURANCE. I ACKNOWLEDGE THAT I AM KNOWINGLY DECLINING COVERAGE AND AM THEREFORE, RESPONSIBLE FOR ANY MEDICAL EXPENSES (including co-pays) INCURRED DURING THE UNDERSIGNED'S PARTICIPATION IN THIS CLUB.

II MINOR RELEASE: (must be completed by Parent/Guardian for any participant under the age of 18)

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 RELEASEES 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 BEHALF MAKES A CLAIM 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.

I ALSO UNDERSTAND AND AGREE THAT THE SACHEM CENTRAL SCHOOL DISTRICT AND ITS FACILITIES/ADMINISTRATION/EMPLOYEES ARE NOT AFFILIATED WITH AND BEAR NO RESPONSIBILITY TO ANY COMMUNICATIONS AND/OR OCCURENCES STEMMING FROM OR RELATED TO ACTIVITIES CONDUCTED BY ANY INDEPENDENT ORGANIZATIONS.

PARTICIPANT NAME: _____ T-SHIRT SIZE _____

ADDRESS: (Street/City) _____ (Zip) _____

PARENT/GUARDIAN: _____ SIGNATURE _____

CONTACT INFO: (Phone) _____ (Email) _____