



Daniel Igali

Date of Birth: Feb. 3, 1974
Born: Eniwari, Bayelsa State Nigeria
Hometown: Surrey, BC
Weight class: 69 kg. and 74 kg. respectively

Real throws. Real takedowns. Real reversals. Real wrestling! Join Olympic and World Champion Daniel Igali for 5 days of technique, takedowns, drilling, games and live wrestling. Once again the YMCA is partnering with the UBC Men's and Women's Wrestling Club to bring you this unique opportunity to wrestle this summer. Daniel and a team of Canada's top coaches and former athletes will show you how they beat the "best of the best" and how you can too.

Whether you want to be the best in your school or the best in the world this camp is for you!

Gain confidence, strength and self-discipline during this **ONE WEEK ONLY** Camp. It will be tough...It will be gruelling...but it will also be the most exciting and fun time of your life.

Daily Schedule (Subject to change based on weather)
Monday - Thursday
 09:00-09:30 Warm Up
 09:30 - 11:30 Technique and Drilling
 11:30 - 12:30 Food
 12:30 - 13:30 Sparring/Games
 13:30 - 14:45 Reframing YMCA Day
 14:45 - 16:00 Drills and live wrestling
Friday - Dual Meet Tournament
 09:00 - 4:00 Don't worry if you don't have a team. You'll be matched according to skill level. If you're here with a provincial or All-estate team you'll face rivals from other elite teams.



Spectacular Vancouver is the perfect place to visit, wrestle and just take a cool swim. (Kitsilano Beach)

There will be Dual Meets for select teams during the week and a Tournament for all based on skill level and weight class on the last day of camp.

No experience necessary. All fitness levels welcome. Advanced wrestlers will be separate from novice athletes



Meet new friends, have fun and learn the sport from the best wrestlers in Canada and the World.

Items to Bring to DayCamp

Campers should bring wrestling shoes, running shoes, gym shorts, bathing suit, 2 T-shirts, socks, a jacket or sweatshirt along with recommended headgear and mouthpiece.

If you are a person with a disability who requires assistance please let the Camp Director know in advance.

Participants **MUST** furnish their own towels, washcloth, and soap.

Lunch

Each athlete should bring their own well balanced lunch each day.

Accommodation

If you are a team from out of town and require accommodation there is limited space available in the UBC residence. Please call or email **David** at 778-321-7901 or email:

ubcwrestling@shaw.ca for more details.

Transportation

The Langara Family YMCA is located in Vancouver. Travel to and from the YMCA each day is

the registrant's responsibility.

2010 YMCA-UBC Wrestling Youth Camp featuring Olympic Champion Daniel Igali

Registration Form (Please Print)

Last Name: _____ First Name: _____ **\$229.00***
 Gender: M ___ or F ___ Parent/Guardian: _____ **\$259.00**
 Mailing Address: _____ Provincial/State: _____
 Postal/Zip Code: _____ Birth Date: _____
 Parents Phone: (_____) _____ Cell: (_____) _____
 Emergency Contact: _____ BC Health Care #: _____
 Adult(s) authorized to pick up camper: _____ Years of Wrestling Experience: _____
 Current Weight: _____ Coach: _____
 Allergies, Medications or Special Assistance your child requires: _____
 Any other information that will help us enhance your child's experience: _____

By providing your email address the YMCA can supply you with supplementary information about the programs you have registered for and you can have a formal opportunity to provide the YMCA with feedback on your camper's experiences, helping the YMCA to better serve all of our members and participants in addition, supplying your email contact information will mean quicker notification of schedule and program updates. We hope this new feature of our programs will bring a value to each program we offer, rest assured your email address will only be used in accordance with the YMCA privacy policy.

REGISTRATION COSTS
 ATHLETES who register before June 4..... **\$229.00***
 (non-members) after June 4.... **\$259.00**
 * and YMCA Members as well
 Please Complete & Mail in this form with Non-Refundable \$75.00 Deposit to secure your space. Payment method Cheque / Money order: Make payable to:
Langara Family YMCA - UBC Wrestling Camp
282 West 49th Avenue
Vancouver, BC
V5Y 2Z5
 T-Shirt Size (Circle One) XS S M L XL XXL XXXL



In permitting my child to attend YMCA Day camp, I, the undersigned permit my child to participate in the full range of camp activities and authorize on my behalf all procedures including admission to hospital and any necessary treatment therein as he/she may deem essential for the care and well being of the camper. Such action is only to be taken when immediate contact with the undersigned cannot be made. It is understood that the camp is not responsible for Medical care cost, date _____ Signature of Parent/ Guardian: _____ I authorize the YMCA to use photos of my child obtained while engaging in YMCA Camping programs for YMCA promotional materials. date _____ Signature of Parent/Guardian: _____

REGISTER ONLINE
www.mymca.ca



Langara Family YMCA - UBC
 Wrestling Youth Summer Camp
 282 West 49th Avenue
 Vancouver, BC
 V5Y 2Z5



If you need any help planning your trip to Vancouver please let us know. Call Dave for any questions on accomadations or things to do while your visiting. 778-321-7901 ask for Dave or email: ubcwrestling@shaw.ca

Wrestling with a lack of funds?

The YMCA wants everyone to have the opportunity to take part in our programs and enjoy our facilities and services. Financial Assistance for this camp is available to those in need through the **Annual YMCA Partners with Youth Campaign**. YMCA staff, volunteers, members, parents and friends from the community all contribute to this support program. Donations are used to help families or individuals who cannot afford a YMCA experience. If you require Financial Assistance or more information about the **Partners with Youth Campaign**, please give us a call.

email: langara@vanymca.org
 tel. 604.324.9622

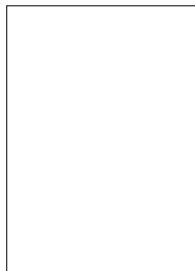
HOURS & EXTENDED CARE

Summer Camp Hours: 9:00 am - 4:00 pm
 Supervised Extended Care Hours:
 8:00 am - 9:00 am & 4:00 pm - 5:00pm

There are no extra charge for extended care. There will be additional charges for late pick up/\$1 per minute after 5:00 p.m.

REGISTRATION OPTIONS

- 1) In Person at the Member Services Desk
- 2) By Phone: Call 604-324-9622
- 3) E-mail Please forward email registrations to www.mymca.org



The University of British Columbia, Men's and Women's Wrestling Club is a non-profit student run club under the Alma Mater Society.



Olympic and World Champion Daniel Igali
 University of British Columbia Wrestling
 2010 Youth summer camp

July 12-16

NOVICE INTERMEDIATE ELITE
MALE AND FEMALE AGES 12-19

Langara Family YMCA
 282 West 49th Avenue

vancouver BC

\$259
 after June 4

Register before
 June 4th

\$229

Includes
 Camp T-Shirt

www.mymca.ca

for YMCA Members
 and Early Bird
REGISTER ONLINE