

# 2025 BIG MAN & HWT CAMP

The 2025 Big Man and Heavyweight Wrestling camp is the most popular Big Man camp in the western region United States. Big men from across the country to train together with our USA World Champions, USA World Placers, USA World Team Members, National Champions, and NCAA All-Americans.

Our camps receive 4 systematic sessions daily starting with early hand fighting, session #2 morning takedown techniques for big men. Afternoon 3rd session is conducted with small group training, hard drilling and hard wrestling, and hard conditioning. The 4th session is designed for all mat wrestling with top and bottom techniques. This camp is perfect for the state champ to the first year big man wrestler.

The C.O.C. has conducted our Big Man and Heavyweight camp for 25 years and is the longest running camp in the country, we know wrestling!

All wrestlers flying for out of state need to fly into Sacramento International Airport on July 20. Report at airport between 9:00 AM and 13:30 AM. Our shuttle will pick all athletes. Camp departure times please no earlier than 5:30 PM on July 26.

# C.O.C. ELITE Wrestling Camps 2025

7-Day HWT/Big Man  
Wrestling Training Camp

July 20-26, 2025

C.O.C. CLINICIANS

MIKE MACCHIAVELLO

YONGER BASTIDA

ISAAC TRUMBLE

SIERRA OUTDOOR SCHOOL

15700 OLD OAK RANCH ROAD

SONORA, CA 95370

TOLL FREE (866) 854-2560

Website: [cocelitewrestlingschool.net](http://cocelitewrestlingschool.net)

Email: [cocelitewrestlingcamps@gmail.com](mailto:cocelitewrestlingcamps@gmail.com)

BUILDING CHAMPIONS SINCE 1980

## MIKE MACCHIAVELLO



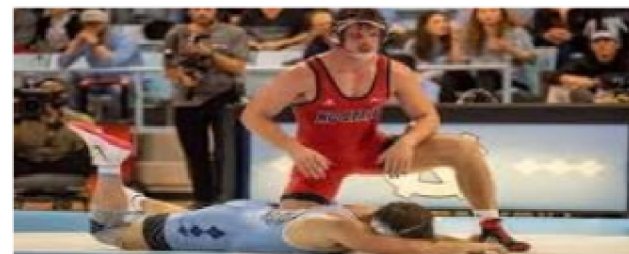
NCAA National Champion  
US Open National Champion  
X USAW World Team Member

## YONGER BASTIDA



NCAA All-American  
BIG 12 Champion  
2 X World Medalist

## ISAAC TRUMBLE



NCAA All-American  
U23 World Champion  
3 X NCAA Qualifier

# 2025 INDIVIDUAL APPLICATION Athletic Waiver & Release of Liability

WRESTLER NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_

PHONE # \_\_\_\_\_

SCHOOL \_\_\_\_\_

GRADE (2025-26) \_\_\_\_\_ AGE \_\_\_\_\_

INSURANCE CO. \_\_\_\_\_

POLICY HOLDER \_\_\_\_\_

POLICY # \_\_\_\_\_

INSURANCE PHONE \_\_\_\_\_

PREVIOUS INJURIES \_\_\_\_\_

DRUG SENSITIVITIES \_\_\_\_\_

ALLERGIES \_\_\_\_\_

In consideration of being allowed to participate in anyway in the C.O.C. Elite Wrestling Camp the undersigned must agree and adhere to:

\*Agree that the parent (s) and/or guardians will instruct the minor participant that prior to participating he or she would inspect the facilities and equipment to be used, and if the participant believes anything is unsafe, he should immediately advise his or her coach or supervisor of such conditions (s) and refuse to participate.

\*Acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability, death, and severe social and economic losses which might result not only from their won actions, inactions, or negligence but the actions, and or the condition of the premises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time.

\*Assume all foregoing risks and accepts personal responsibility for the damages following such injury, permanent total disability or death.

\*Release, waive discharge and covenant not to sue C.O.C. Elite Wrestling Camps, at all camp training sites and universities and its affiliated clubs and respective administrators, directors, agents, and other employees of the organization, other members/ participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors or premises used to conduct the event, all of which are hereinafter referred to as "releases" from any and all liability to each of the undersigned, his or hers heirs or next of kin for any and all claims, demands, losses or damages on account of injury, including death and damage to property, caused or alleged to be caused in whole or in part by the negligence of the releases or otherwise.

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

Parent/Guardian Name: \_\_\_\_\_

Relationship to minor: \_\_\_\_\_

Parent/Guardian Phone: \_\_\_\_\_

**2025 BIG MAN & HWT CAMP  
JULY 20-26, 2025**

NAME \_\_\_\_\_

SCHOOL \_\_\_\_\_

COACH \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY, ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_

GRADE \_\_\_\_\_ AGE \_\_\_\_\_

**RESIDENT CAMPER (\$1,050.00)**

**"GET C.O.C. TRAINED"**  
SINCE 1980 "WE ARE TRADITION"

**C.O.C. ELITE WRESTLING CAMP**  
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cocelitewrestlingschool.net

Send Checks To:  
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LAKE ELSINORE, CA 92530