LIBERTY FLAMES WRESTLING CAMPS

This year’s camp is being run in conjunction with the Virginia Commonwealth Games, which will be held at Liberty University on July 9. The Virginia Commonwealth Games are open to elementary-age kids through high school seniors. Campers will prepare for the competition by training with Liberty Wrestling.

Liberty Flames Wrestling Camps give your student a chance to hone their skills and techniques while learning from accomplished wrestling coaches. The camps are designed to bring wrestlers to the next level of competition.

With an emphasis on developing the wrestler physically, mentally, and spiritually, a combination of individualized attention and proven training strategies will help your student achieve success both on and off the mat.

A variety of technical skills are developed at Liberty Flames Wrestling Camps through basic drills, repetitive maneuvers, aerobic conditioning, weight training, nutrition, and goal setting. Wrestlers will compete on teams in dual competitions throughout the week, and the camp will conclude with an individual wrestling tournament.

CAMPS INCLUDE THE FOLLOWING:

• Low coach-to-athlete ratio
• One-on-one coaching, training, and evaluation
• Training strategies specific to the time of season
• Daily devotions for the spiritual development of athletes
• Additional activities, such as swimming, games, and more
• A film session to review wrestling matches
• Instruction from qualified clinicians with experience in the highest levels of high school and college wrestling
ACCOMMODATIONS

High school and middle school overnight campers will stay in residence halls and room with camp counselors. Parents of high school and middle school students may arrange to stay in the residence hall with their child with prior approval from the coaching staff. Transportation to and from campus is available for campers flying into the Lynchburg Regional Airport. All other campers must arrange for their transportation to and from campus.

COACHING STAFF

HEAD COACH JESSE CASTRO

Coach Castro is a 1981 graduate of Liberty University and was the first four-time national champion in the history of the National Christian College Athletic Association (NCCAA), establishing a career record of 101-20-2. Castro jump-started the NCAA Division I Liberty Wrestling program in 2005 when his team quickly earned five conference titles while qualifying 24 individuals for the NCAA Division I national tournament. Since the program’s reclassification, the wrestling team has won four conference titles, two national dual titles, a grand national title, and produced 31 All-Americans in the National Collegiate Wrestling Association (NCWA) tournament, including six national champions. Liberty placed in the top three out of 82 teams in the NCWA Collegiate Cup four years in a row.

GUEST COACH BRYAN BRUNK

Brunk is the head coach at Messiah College and has had an impressive career. He was named the 2004 NCAA Division III Rookie Coach of the Year, the 2005 MAC Coach of the Year, and won the 2005 Bob Bubb Coaching Excellence Award. He was also voted NCAA Division III National Coach of the Year in 2014 as he led his team to place third in the NCAA Division III National Tournament.

ASSISTANT COACH ALLEN HACKMANN

Hackmann wrestled at Green Run High School, earning several awards, including AAA state runner-up. He went on to wrestle at Chowan Junior College and Old Dominion University. Hackmann coached for 15 years at the high school level and won a number of titles. He has coached at Poquoson, Princess Anne, Salem, Green Run, and Kellam high schools and has been coaching at the collegiate level for four years.
ELEMENTARY SESSION
June 27-July 1 (Ages 6-12)

Register early for a guaranteed spot!
This day camp caters to elementary school wrestlers (ages 6-12) who are seeking fundamental skill development. Because the foundation of wrestling skills is critical for further development, individualized attention will be given to each camper, allowing them to be evaluated by staff – which ensures they are learning proper form and technique. The camp is located in Liberty’s Wiseman Wrestling Room.

CAMP SCHEDULE

MONDAY, JUNE 27, JUNE 30
7:30-8:30 a.m. – Late Registration (June 27 only)
9-11:30 a.m. – Morning Session
11:30 a.m.-1 p.m. – Lunch/Pool Time
1-3 p.m. – Afternoon Session

FRIDAY, JULY 1
9 a.m.-noon – Mini Tournaments/Closing Remarks

ELEMENTARY CAMP LUNCH
It is the responsibility of each parent to provide their athlete with lunch. Elementary age wrestlers have the option of bringing a bag lunch or purchasing the $35 meal plan for the week.
HIGH SCHOOL AND MIDDLE SCHOOL SESSION

July 6-9 (Ages 12-18)

Register early for a guaranteed spot!

This camp is designed for middle and high school wrestlers (ages 12-18) who seek skill development from the basic to the most advanced techniques. This is a great opportunity to enter the Virginia Commonwealth Games prepared for success, coming off the heels of the quality mentorship given at our wrestling camp. Special attention will be placed on developing basic positions, setup techniques, and finishing as well as training strategies for advancing to the next level. Training in this session is for serious athletes and will be intensive in nature. The camp is located in the LaHaye Multipurpose Center, which is behind the Thomas Indoor Soccer Center.

CAMP SCHEDULE

WEDNESDAY, JULY 6-FRIDAY, JULY 8
9-10:45 a.m. – Introduction/Technique
10:45-11:30 a.m. – Competition
11:30 a.m.-1 p.m. – Lunch
1:15-2:45 p.m. – Session: Technique
2:45-3:30 p.m. – Competition
3:30-3:40 p.m. – Testimony: Counselor
3:45-4:45 p.m. – Session: TBD
4:45-5 p.m. – Session: Drilling
5-6:30 p.m. – Dinner
6:45-8:15 p.m. – Session: Technique
8:15-8:45 p.m. – Session: Drilling
8:45-9 p.m. – Devotional

SATURDAY, JULY 9
7:30-8:30 a.m. – Breakfast (overnighters)
   Dorm rooms checked and keys returned
9 a.m. – Virginia Commonwealth Games begin

HIGH SCHOOL AND MIDDLE SCHOOL CAMP LUNCH

High school and middle school commuters are encouraged to purchase the lunch and dinner meal plan, which allows them to eat with overnight campers during meal time. The cost of a commuter meal plan is an additional $50.
CAMP APPLICATION

To reserve your space at camp, please complete both sides of this form and return it with a $100 nonrefundable deposit (made payable to Liberty Wrestling) to the following address:

Liberty Wrestling
1971 University Blvd.
Lynchburg, VA 24515

Camp is open to any entrant (limited only by age and space available). Receipts are available at registration upon request.

SESSION FEES

Session fees include four days of training, a camp T-shirt, awards, and entry into the Commonwealth Games.

Overnight camper registration deadline: June 30

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<thead>
<tr>
<th>SESSION</th>
<th>COST</th>
<th>TOTAL</th>
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<tbody>
<tr>
<td>Elementary/Middle/High School Commuters</td>
<td>$250</td>
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<tr>
<td>Middle/High School Overnight Campers (meals included)</td>
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<tr>
<td>Elementary School Meal Plan</td>
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<tr>
<td>Middle/High School Meal Plan (Commuter)</td>
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<td>Early Registration Discount (by May 30)</td>
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<td>Team Discount (10 students or more)</td>
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<td>Sibling Discount (second child)</td>
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<td>Sibling Discount (third child)</td>
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TOTAL AMOUNT DUE
TOTAL ENCLOSED (MINIMUM $100 DEPOSIT PER CHILD*)
REMAINING BALANCE DUE

*$100 deposit required if not paying in full.

(Coaches attending camp may be eligible to earn a stipend and attend for free when bringing a certain number of campers. Please contact Coach Castro for more information.)

Please print in blue or black ink.

Name:___________________________________________________________________________________

Address:_______________________________________________________________________________

City:_________________ State:_____________ ZIP code: ________________________________

Name of parent or guardian:____________________________________________________________________

Email:_________________________________________________________________________________

Home phone:_________________ Work phone:___________________________________________

Camper’s school:__________________________________________________________________________

☐ Male ☐ Female   Age:_______ Grade:_________________________ Weight:________

T-shirt size: ☐ Adult ☐ Youth ☐ S ☐ M ☐ L ☐ XL ☐ XXL