LIBERTY FLAMES WRESTLING CAMPS

Sign up for the Liberty Flames Wrestling Camps and train with LU wrestlers while you hone your skills under the instruction of Liberty’s coaching staff. Our camps are designed to develop attendees physically, mentally, and spiritually.

Improve your technical skills through basic drills, repetitive maneuvers, aerobic conditioning, weight training, nutrition lessons, and goal setting. Compete in dual competitions against fellow campers throughout the week.

The Virginia Commonwealth Games are scheduled for July 27—the final day of the Middle School and High School Session of this year’s camp. All campers are automatically entered into the games when they sign up. Elementary campers can return to campus to participate in the Games.

CAMPS INCLUDE THE FOLLOWING:

• High coach-to-athlete ratio
• One-on-one coaching, training, and evaluation
• Training strategies specific to each point in the season
• Daily devotions
• Additional activities, such as swimming and games
• Instruction from qualified clinicians with years of experience at the highest levels of high school and college wrestling

CAMP APPLICATION

Please complete both sides of this form and return it with a $100 nonrefundable deposit (made payable to Liberty Wrestling) to:

Liberty Wrestling
1971 University Blvd.
Lynchburg, VA 24515

Camp participation is only limited by age and space available. Receipts are available at registration upon request.

SESSION FEES

<table>
<thead>
<tr>
<th>Session</th>
<th>Cost</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elementary/Middle/High School Commuters</td>
<td>$150</td>
<td></td>
</tr>
<tr>
<td>Middle/High School Overnight Camp</td>
<td>$474</td>
<td></td>
</tr>
<tr>
<td>Elementary Middle Camp</td>
<td>$461</td>
<td></td>
</tr>
<tr>
<td>Middle/High School Meal Plan (Commuter)</td>
<td>$10</td>
<td></td>
</tr>
<tr>
<td>Early Registration Dismissal by May 15</td>
<td>$150</td>
<td></td>
</tr>
<tr>
<td>Camp T-Shirt (two per camper)</td>
<td>$10</td>
<td></td>
</tr>
<tr>
<td>Sleeping Bunk (two per camper)</td>
<td>$150</td>
<td></td>
</tr>
<tr>
<td>Swimming Bunk (two per camper)</td>
<td>$50</td>
<td></td>
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<tr>
<td>TOTAL AMOUNT DUE</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>TOTAL UNPAID UNLESS PAY DED P/CAMP</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>REMAINING BALANCE DUE</td>
<td>$</td>
<td>$</td>
</tr>
</tbody>
</table>

*200 deposit required if not paying in full. Discounts can be combined.

(Coaches 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:  D, Adult, D, Youth

CAMP Costs

- Elementary/Middle/High School Commuters: $150
- Middle/High School Overnight Camp: $474
- Elementary Middle Camp: $461
- Middle/High School Meal Plan (Commuter): $10
- Early Registration Dismissal by May 15: $150
- Camp T-Shirt (two per camper): $10
- Sleeping Bunk (two per camper): $150
- Swimming Bunk (two per camper): $50

TOTAL AMOUNT DUE: $_____
TOTAL UNPAID UNLESS PAY DED P/CAMP: $_____
REMAINING BALANCE DUE: $_____

Discounts can be combined.
ACCOMMODATIONS
High school and middle school overnight campers will stay in residence halls 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

BRYAN BRUNK
Head Coach
Jesse Castro
Assistant Coach

LARRY CANNON
High School Assistant Coach

CHRIS WILLIAMSON
Middle School Assistant Coach

Bryan Brunk 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. Brunk is the head coach at Messiah College and has had an impressive career to date. He was named the 2004 NCAA Division III Rookie Coach of the Year and four-time Mid Atlantic Conference Coach of the Year and was voted the NCAA Division III National Coach of the Year in 2014 and 2016, and won the 2005 Bob Bubb Coaching Excellence Award. He was also four-time national champion in the history of the National Christian College Athletic Association (NCWA) tournament, including seven national titles and produced 90 All-Americans in the National Collegiate Wrestling Association (NCWA), establishing a career record of 101-20-2. Castro jump-started the NCAA Division I Liberty Wrestling Program in 2005 with his team quickly earned four conference titles while qualifying 24 individuals for the NCAA Division I National tournament. Since the program’s inception, the wrestling team has won seven conference titles, three national dual titles, and a grand national title and produced over 20 All-Americans in the National Collegiate Wrestling Association (NCWA) tournament, including seven national champions. Liberty placed in the top three out of 82 teams in the NCWA Grand Nationals five years in a row and is the 2018 national dual champions. Liberty placed in the top three out of 82 teams in the NCWA Grand Nationals five years in a row and is the 2018 national dual champions.

JESSE CASTRO
Assistant Coach

LIBERTY UNIVERSITY WRESTLING TEAM

 element five: Day Camp

Elementary Session

June 25-29 (Ages 6-12) Day Camp

Register early for a guaranteed spot!

Camps are led by Jesse Castro. Campers learn the fundamentals of wrestling — including proper form and technique — through individual attention from Liberty’s coaching staff. The session ends with a mini-tournament. Elementary campers are automatically entered into The Virginia Commonwealth Games, which do not coincide with the camp, but campers may come back for the Games on July 27.

Location: Liberty’s Wrestling Room (near the South entrance of the Rebel River Stadium).

CAMP SCHEDULE

MONDAY, JUNE 25–THURSDAY, JUNE 28
7:30-8:30 a.m. – Registration (June 25 only)
9:1-10:30 a.m. – Morning Session
11:30 a.m.-1 p.m. – Lunch/Pool Time
1-2 p.m. – Afternoon Session
FRIDAY, JUNE 29
9 a.m. – Mini-Tournament/Closing Remarks

ELEMENTARY CAMP LUNCH

The camp is responsible for its own dining. Lunch options are available to buy.

CAMP SCHEDULE

TUESDAY, JULY 31
10-12:30 p.m. – Drills
12:30-1:15 p.m. – Lunch
1:15-2:45 p.m. – Session: Technique
2:45-3:30 p.m. – Competition
3:30-4:45 p.m. – Testimony: Counselor
4:45-5:30 p.m. – Session: Drilling
5-6:30 p.m. – Dinner
6-7:30 p.m. – Session: Technique
7-8:15 p.m. – Session: Drilling
8:15-9 p.m. – Devotional

WEDNESDAY, JULY 2
7-8:30 a.m. – Breakfast (overnighters)
8:45-9 p.m. – Devotional
9:30-10 a.m. – Session: Technique
10:15-11:30 a.m. – Lunch
11:30 a.m.-1 p.m. – Lunch
1-2 p.m. – Afternoon Session
FRIDAY, JULY 27
7-8:30 a.m. – Breakfast (overnighters)
9:00-10 a.m. – Session: Technique
10:15-11:30 a.m. – Lunch
11:30 a.m.-1 p.m. – Lunch
1-2 p.m. – Afternoon Session

PARENTAL CONSENT FORM

This completed form will enable camp medical staff and health facilities in Lynchburg to provide prompt care to your minor son or daughter. All areas of this form must be completed prior to camp registration.

I, the undersigned, hereby certify that I am the parent or legal guardian of the camper and hereby give permission for the staff of the camp to seek, during the period of the camp, appropriate medical attention for the camper. I give permission for medical attention to be given and for the camper to receive medical attention in the event of accident, illness, or disease, which will be responsible for all costs of medical attention and treatment.

I, the undersigned, for myself, my heirs, executors, and administrators, do hereby and forever discharge Liberty Flames Wrestling Camp and its staff, officers, agents, employees, representatives, successors, and assigns from all claims and rights for damages, injury, or loss to person or property that may be sustained or occur during participation in camp activities or while at camp, whether or not damage, injury, or loss is due to negligence.

Signature of parent or guardian: ____________________________
Printed name of parent or guardian: __________________________________________________