

CAMP APPLICATION

Elementary, middle, and high school overnight fees cover the June 26-29 camp. Camp fees also cover entry into the Commonwealth Games wrestling events on June 29 (\$40 value).

Dinner the first three days and lunch on Monday and Tuesday are included for everyone, including commuters, and will be catered in the LaHaye Multipurpose Center. Overnight campers will additionally receive breakfast Monday-Wednesday.

Deadline for registration is **JUNE 25, 2022, at noon.**

SESSION	COST
Commuters	\$310
Overnight campers	\$385

(Coaches are welcome to attend and stay in dorms if they agree to assist in camp operations. Please contact Coach Castro for more information.)

Jesse Castro

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To register, scan below or visit the link provided.

REGISTER

ONLINE



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LIBERTY WRESTLING CAMP

Welcome to Liberty Wrestling Camp, which offers instruction from experienced college and high school coaches. Plus, the Liberty Wrestling team (4-time NCWA national champions) will be on hand to assist in training. Campers will experience dorm life on the beautiful Liberty University campus while training three times a day. Technical, tactical, and physical training will be a major part of the camp, and there will be plenty of opportunities to compete in dual format teams during breakout sessions.

Improve your technical skills through basic instruction, repetitive drills, and structured training sessions. A major aspect of this camp is the integration of biblical principles into a variety of life skills. It is our desire that each camper will leave camp with not only a better grasp on their skills but also a deeper faith in Christ.

Camp includes the following:

- **Low coach-to-athlete ratio**
- **One-on-one instruction & training**
- **Higher level training with college wrestlers**
- **Extracurricular activities (swimming/games)**
- **College and high school-level coaching staff**
- **Daily devotional**

Read what a high school coach from West Virginia said about his camp experience:

"I know that it can be concerning to send your son or daughter into an unfamiliar environment overnight. Hopefully, this will ease your mind. Unlike some camps that I have taken teams to in the years past, which offer much free time and limited mat time for your money, the Liberty camp keeps the wrestlers occupied for most of the day, from 7 a.m.-9 p.m.

In addition, the atmosphere that is created by the spiritual emphasis is both encouraging and challenging to any young man or woman involved in the sport. The staff and college counselors set the example with the intention of reinforcing the values and standards of the university."

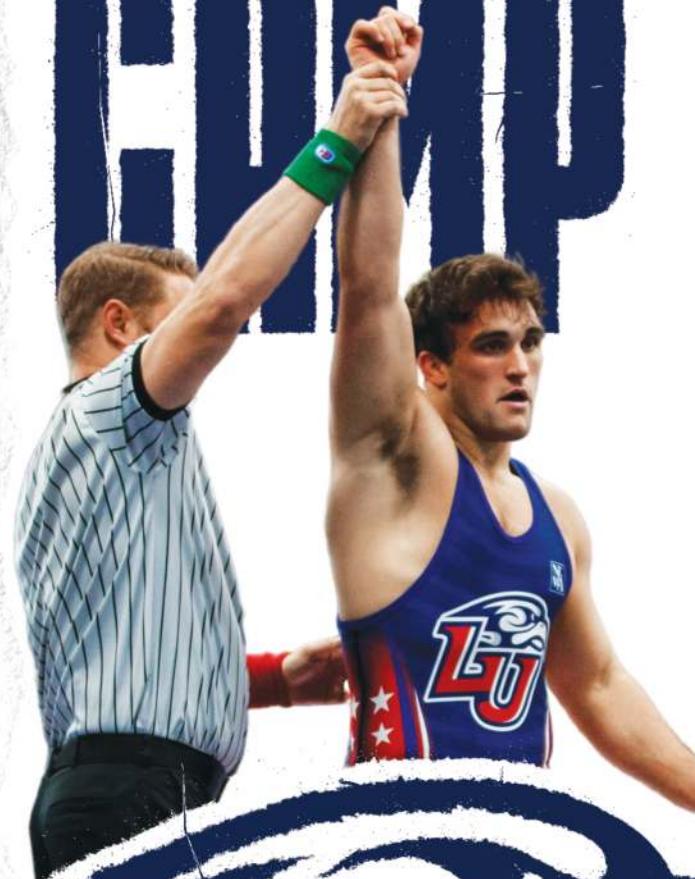
-Jeff Lester
Shady Springs High School



LIBERTY WRESTLING

2022

CAMP



ACCOMMODATIONS

Overnight campers (elementary, middle, and high school) will stay in the residence halls with staff and camp counselors. Any parent who wishes to stay with their son/daughter may do so with prior approval and arrangements through camp administration. Each wrestler should come prepared with the following items:

- Running shoes
- Plenty of workout clothes
- Towel and toiletries
- Sheets, blankets, pillow
- Extra cash in case he/she wants a snack on campus

No camper driving to the camp will be allowed to drive off campus without permission from the camp administration. Transportation to and from camp will be the responsibility of each camper except in the case of those flying into Lynchburg. In that case, prior arrangements for pickup and drop-off times from the airport must be made.

COACHING STAFF



**HEAD CLINICIAN
JESSE CASTRO**

Coach Castro is used to setting precedents. He graduated from Liberty as the first wrestler to win over 100 career matches among NCAA DI, DII, DIII, NAIA, and NCCAA competition. He became the first NAIA All-American and the first 4x NCCAA national champion in the history of the division. He has coached on virtually every level and is a member of 4 halls of fame, including the National Wrestling Hall of Fame in Stillwater, Okla. He was the National Coach of the Year in 2020 for the NCWA, where his teams have won 5 national dual titles and 4 Grand national titles.

CHRIS WILLIAMSON Clinician

Williamson is the head coach at Cornerstone University in Grand Rapids, Mich. He was hired as the program's inaugural coach following 5 years as an assistant coach at Liberty. He has engendered the support of the university through raising money for a new training facility as well as recruiting a strong incoming class.

As an athlete, Williamson competed at Messiah University in Pennsylvania from 2011-15. He was a three-year starter and team captain, earning Academic All-American, and was a part of the most successful wrestling team in program history. Williamson placed third at the MAC Tournament and was a part of a sixth- and a third-place team finish at the NCAA DIII National Tournament.

JOSH MCILHENNY Clinician

Assistant Coach McIlhenny started his career with the Flames as a wrestler, competing for the team for 4 years. He served as a captain for 2 of those years and helped lead the team to 3 national dual titles and 2 Grand National titles. He achieved All-American honors twice: his junior and senior year. He is currently the head assistant at Liberty.

ALLAN HACKMANN Clinician

Hackmann has been coaching wrestling for 23 years, including 7 at Liberty. He was recently named the new head coach at Jefferson Forest High School in Bedford County, Va. From youth to collegiate wrestling, Coach Hackmann has found success on a national level, coaching multiple state and national champions throughout the years.

CAMP SCHEDULE

JUNE 26-29 (AGES 8-19)

LOCATION: LAHAYE MULTIPURPOSE CENTER
(Directly behind the Thomas Indoor Soccer Center)

SUNDAY, JUNE 26

10 a.m.-12:30 p.m.	Final Registration (lunch not included)
1 p.m.	Session I: Camp orientation and instruction
3-4:45 p.m.	Session II: Instruction, drilling, conditioning
4:45-6:30 p.m.	Dinner (all campers)
6:45-9 p.m.	Session III: Instruction, drilling, live wrestling, devotional
9 p.m.	Parents pick up commuters
11 p.m.	Lights out

MONDAY-TUESDAY, JUNE 27-28

7-8 a.m.	Breakfast (overnighters only)
9-11:30 a.m.	Instruction, drilling, conditioning
11:30 a.m.-1 p.m.	Lunch (all campers)
1:15-4:45 p.m.	Instruction, drilling, conditioning, competitions
4:45-6:30 p.m.	Dinner (all campers)
6:45-8 p.m.	Instruction, drilling
8-9 p.m.	Live wrestling, devotional
9 p.m.	Parents pick up commuters
11 p.m.	Lights Out

WEDNESDAY, JUNE 29

7-8:15 a.m.	Breakfast (overnighters only)
8:30-10 a.m.	Keys collection/closing words for campers ALL CAMPERS MUST BE PRESENT
10 a.m.	Commonwealth Games
2-4 p.m.	Estimated time of conclusion

