



2010 WRESTLING CAMPS



**ELEMENTARY
JUNE 21 - 25, 2010**

**MIDDLE & HIGH SCHOOL
JULY 5 - 9, 2010**



Liberty University invites you to become part of a successful rich tradition that has blessed us for so many years...the 2010 Liberty Flames Wrestling Camp.

Liberty Wrestling summer training sessions are designed to meet every wrestler where he is in order to bring each individual to the next level.

The coaching staff is committed to developing the total wrestler. The emphasis will be the development of the Body, Soul and Spirit of each wrestler. The coaching staff will focus on teaching both fundamental and advanced techniques.

Basic drills, repetitive drilling, aerobic conditioning, weight training, proper nutrition and goal setting are emphasized at our camp.

Whether you come as an individual or with a team, you will be placed on a new team and will compete in various team dual competitions throughout the week. An individual wrestling tournament will be held at the end of the week. Each will average anywhere from 10-15 matches.

Ultimately, Liberty Flames Wrestling Camp wants to leave you with an increased ability to win on and off the mat.

2009 CAMP ATTENDEES



CAMP BENEFITS

- Low staff to athlete ratio
- One-on-one coaching, training & evaluation
- Specific training strategies - pre, in and post season
- T-Shirts
- Devotions - the total athlete
- Activities - pool, games, related training outside the wrestling room
- Film Session
- Qualified clinicians - experienced in the highest level of high school & college wrestling

LUNCH - ELEMENTARY CAMP

It is the responsibility of each parent to provide or send lunch with their athlete or lunch will be available for an extra \$35 for the week to be paid in advance.

TRANSPORTATION

Transportation to and from the campus must be provided by the parent. **OVERNIGHTERS** for the middle & high school camp will be staying in the LU dorms. Camp Counselors will be staying with the wrestlers. Parents accommodations: Contact Brian Knopp (434) 845-1700 or (434) 665-2907 for discount rates at Wingate By Wyndham and Days Inn. Mention Liberty Wrestling Camp.

EARLY REGISTRATION BONUS

\$10 discount if registered by May 31, 2010.

TEAM DISCOUNT (10 or more wrestlers)

\$20 off in addition to the early registration discount.

SESSION FEES (Includes 5 days of intensive training, T-Shirt and awards)

Elementary	Age 6 - 11	\$250
MS/HS	Age 12-18	\$250 Commuter
MS/HS	Age 12-18	\$375 Overnight

SIBLING DISCOUNTS

\$20 for the 2nd child and \$40 for the 3rd child.

CONTACT INFORMATION

LU Wrestling: (434) 582-7463

Jesse Castro jcastro@liberty.edu

Joe Pantaleo jpantaleo2@liberty.edu

ELEMENTARY SESSION

June 21 - 25, 2010

This day camp caters to the elementary school (age 6-11) wrestler who needs fundamental skill development. Individual attention will be very specific in nature. Each wrestler is evaluated by the staff as the essential foundation of wrestling skill development is acquired for years to come.

Daily Schedule

Monday, June 21 - Thursday, June 24

9:00 – 11:30 am

Morning Session

11:30 – 1:00 pm

Lunch / Activities

1:00 – 3:00 pm

Afternoon Session

Friday, June 25

9:00 - 12:00 noon

Mini Tournaments /
Closing Remarks

Register early for guaranteed spots. Late registration and check-in will be 7:30 - 8:30 a.m. on Monday, June 21.

MIDDLE & HIGH SCHOOL SESSION

July 5 - 9, 2010

This camp is designed for wrestlers ages 12-18 looking for skill development from basic to advanced technique. Attention will be on developing basic position, set-up techniques, and finishing as well as training strategies for advancing to the next level. Training in this session will be more intensive in nature, designed for the serious athlete.

Daily Schedule

Monday, July 5

6:15–6:30 pm	Introductions
6:30–7:45 pm	Session – Technique
7:45–8:15 pm	Drill Session
8:15–8:30 pm	Devotional

Tuesday, July 6 - Thursday, July 8

7:30–8:30 am	Breakfast (Campers)
9:00–11:00 am	Session – Technique
11:00–11:10 am	Team Set Up
11:10–11:30 am	Navy Seals Fitness/Competitions
11:30–1:00 pm	Lunch
12:30–1:30 pm	Pool Open – LaHaye Center
1:45–2:45 pm	Session – Technique
2:45–3:30 pm	Matches
3:30–3:45 pm	Testimony – Counselor
3:45–4:30 pm	Team Competition
4:30–5:30 pm	Drill Session
5:30–6:30 pm	Dinner
6:45–8:00 pm	Session – Technique
8:00–8:15 pm	Drill Session
8:15–8:30 pm	Devotional

Friday, July 9

7:30-8:30 am	Breakfast (Campers) Dorm Rooms Checked & Keys Returned
9:00-12:00 noon	Tournament

Register early for guaranteed spots. Late registration and check-in will be 4:00 - 6:00 pm on Monday, July 5.

COACHING STAFF



As an athlete, **Jesse Castro** was a six-time All-American. Setting a precedent by becoming the first four-time National Champion in the NCCAA, he went on to place 4th in the NAIA national tournament. He later placed in the USWF freestyle national championships. He was national team member to Japan and Korea, the former Soviet Union, and to South America where he won the

Caracas Cup in Caracas, Venezuela in 1991. Castro has coached 26 years, eight years on the high school level and 18 years on the college level. He is most currently the two-time NCAA Division I Eastern Regional Coach of the Year. Liberty University has won the regional qualifying tournament the past three years sending a total of 14 wrestlers to the NCAA Division I National Tournament.

Joe Pantaleo brings with him a vast array of top level collegiate experience, including stints at storied wrestling programs like Iowa, where he coached under the tutelage of legendary wrestling coach Dan Gable, and Michigan State. He was a two-time NCAA Division I runner-up at Michigan. Pantaleo was a 1987 Junior World Champion and two-time Olympic alternate (1992 and 1996).

Allen Hackmann has astounding achievements on the mat. Allen was a three-time Virginia Beach District Champion, an Eastern Regional runner-up and a VHSL State Championship runner-up. His work ethic and drive earned him the team MVP award. He became a letterman wrestler at Old Dominion University. He was a NJCAA National Qualifier and a member of a team that finished fifth in the nation. Following his successful college career, Allen began his wrestling coach career at Kellam, where he helped coach the team to a state record for the most dual meet wins in a single season, coached many state champions and place-winners, and realized a 3rd place finish for the team at the VHSL State Championships.

Joe Kemmerer brings a wealth of wrestling experience to the LU Wrestling Program. He was awarded the 2009 Outstanding Wrestler Award at the NCAA Tournament. He was a AAA Pennsylvania High School State Champ in 2004 with a career record of 101-7 (32-0 his senior year). He was a two-time NCAA DII National Champion in 2007 and 2009 and a 2009 PSAC Champ. His college career record was 94-11.

Bryan Brunk, head wrestling coach at Messiah College, was 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.

MEDICAL INFORMATION

Child's Name _____

In Case of Emergency, Contact Name / Phone # _____

Phone: _____

Campers Physician Name _____

_____ Phone # _____

Date of Last Tetanus Shot _____

Allergic Reactions? _____

Medication Presently Taking _____

Past illness or other information that would be useful in the event treatment is necessary _____

Your Insurance Company _____

Agents Name _____

Policy # _____

Phone: _____

Any Instructions regarding your insurance? _____

Parental Consent Form

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

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

I/we, the undersigned, for ourselves and as guardian(s) of _____ understand that wrestling is an active, physical sport, and that injuries can take place during training. I/we understand that, as with any sport, injuries can occur, and hereby admit that our child is physically and mentally capable of participating in wrestling and camp activities.

I/we represent that, I/we have sought the opinion of our child's pediatrician, _____ and he conquers that, _____ is fully capable of safely engaging in these activities. I/we also understand that it is my/our responsibility in caring for the camper listed above, to be assured that he/she is fully capable of engaging in this sports activity, and I/we are confident that he/she is able to engage in such sport.

I/we, the undersigned, for ourselves, our heirs, executors and administrators, waive, release and forever discharge Liberty Flames Wrestling Camp, and its staff, officers, agents, employees, representatives, successors and assigns from all rights and claims for damages, injury or loss to person or property which 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 _____

Date: _____

CAMP APPLICATION

Please complete both sides of this form and return it with the \$100 non-refundable deposit (made payable to Liberty Wrestling) to reserve your space at camp to:

Liberty Wrestling
 1971 University Blvd.
 Lynchburg, VA 24502

Camp is open to any and all entrants (limited only by number, age, grade level and/or gender). Receipt at registration available upon request.

SESSION	COST	TOTAL
<input type="checkbox"/> Elementary (Ages 6-11)	\$250	
<input type="checkbox"/> Middle/High School(Ages 12-18) Commuter Session	\$250	
<input type="checkbox"/> Middle/High School (Ages 12-18) Overnighters	\$375	
<input type="checkbox"/> Early Registration Discount	-\$10	
<input type="checkbox"/> Team Discount Discount (10 or more)	-\$20	
<input type="checkbox"/> Sibling Discount (2nd Child) Discount	-\$20	
<input type="checkbox"/> Sibling Discount (3rd Child) Discount	-\$40	
TOTAL AMOUNT DUE		\$
TOTAL ENCLOSED (\$100 deposit*)		\$
BALANCE DUE		\$

(*\$100 Camp Deposit required if not paying in full)

Name _____

Address _____

City _____ State _____ Zip _____

Parents Name _____

Email _____

Home # _____ Work # _____

Male Female Age _____ Grade _____

T-Shirt Size: _____ Weight: _____

Adult Youth S M L XL XXL