SHOCK AND AWE

INTENSIVE WRESTLING CLINICS

GRADES 6-12 | OCT. 21, 2017 | 9 A.M. - 3:45 P.M. | $55

FOR SHOCK AND AWE CLINICS NEAR YOU, PLEASE CONTACT COACH CASTRO
OUR COACHING STAFF

JESSE CASTRO | Head Coach
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. Coach Castro jump-started the NCAA Division I Liberty wrestling program in 2005 when his team quickly earned five conference titles while qualifying 24 athletes for the NCAA Division I national tournament. Since the program’s reclassification, the wrestling team has won four conference titles, two national dual titles, and a Grand National championship in 2015. They produced 31 All-Americans in the National Collegiate Wrestling Association (NCWA) national tournament.

Allen Hackmann | Assistant Coach
Allen Hackmann has been coaching wrestling for 22 years. 7 of those years have been at Liberty University. He is currently the new Head Coach at Jefferson Forest High School in Bedford County VA. From youth wrestling to collegiate Coach Hackmann has seen success on a national level coaching multiple state and national champions throughout the years. His Technique & Toughness (T&T) wrestling clinics have prepared young wrestlers to compete at a higher level in VA, West VA, and Hawaii.

ITINERARY

MORNING SESSION

9 a.m. | Team meeting to go over schedule, expectations, and objectives
9:10 a.m. | 10 minute outside warm-up run
9:25 a.m. | Stretch
9:32 a.m. | Free-flow drilling: Footwork, motion, and creating angles
9:42 a.m. | Open elevation change penetration drills with a passive partner
9:50 a.m. | Wall stand-up drilling: Counter pressure
9:55 a.m. | Demonstrate level drilling 1-2-3-4
10 a.m. | Level two drilling with counter pressure stand-up escapes
10:06 a.m. | Active recovery
10:08 a.m. | Level three drilling alternating
10:14 a.m. | Active recovery
10:16 a.m. | Level four drilling
10:22 a.m. | Water break
10:30 a.m. | Five-minute live goes 2-1.5-1.5
10:50 a.m. | Cool down partner stretch
11 a.m. | Light lunch provided (fruit, energy bars, sports drinks, etc.)

AFTERNOON SESSION

12:30 p.m. | Top instruction: Breakdowns
12:50 p.m. | Drilling turns
1:10 p.m. | Bottom instruction: Counter pressure positioning
1:30 p.m. | Drilling escapes/reversals
1:50 p.m. | Water break
1:55 p.m. | Live goes groups of four: Mat wrestling only one-minute goes
2:10 p.m. | Pep talk: Explain the grind
2:30 p.m. | Grind two groups: 15-minute goes
3:15 p.m. | Cross training: Heart and head development
3:45 p.m. | Closing remarks
OBJECTIVES

- Exposure to high-level training with experienced wrestlers.
- Introduction to the “Shock and Awe” training session in preparation for upcoming sessions.
- Instruction in technique, tactics, mental preparedness, and principles of training.
- Education on how to train through the level drilling concept.
- Integration of strength and conditioning training specific to the sport of wrestling.

NOTE:

This clinic is not an introductory course but is designed for the motivated wrestler who desires a high level of training. Although the schedule includes time for drills, the intent is to keep the training sessions moving quickly with high intensity. Liberty wrestling camps and clinics work in conjunction with Virginia Gold, a division of the Central Virginia Youth Wrestling Association. The clinic is limited to the first 50 registered wrestlers who have paid in full.

Head Coach Jesse Castro | (434) 841-3241 | jcastro@liberty.edu
Wrestler’s name: _________________________________________
______________________________________________________
Age: ________ Grade entering: ______________ Weight: ________
School/Club: ____________________________________________

EMERGENCY CONTACT
Name: _________________________________ Phone: ( ___ ) ______

PARENTAL CONSENT FORM
I, the undersigned, as guardian of ____________________________
understand that wrestling is an active, physical sport and that injuries
can take place during training. I hereby affirm that my child is physically
and mentally capable of participating in wrestling and clinic activities.

I have sought the opinion of my child’s pediatrician,
__________________________________ and he/she concurs that

is fully capable of safely engaging in these activities. I also understand
that it is my responsibility to care for the participant listed above.

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

SIGNATURE OF PARENT/GUARDIAN: ________________________ Date: _________________

Please mail or bring this completed form along with payment of $55. If mailing registration, please make checks out to “Liberty Wrestling” and mail to:

Jesse Castro — Head Wrestling Coach | Club Sports Dept.
1971 University Blvd. | Lynchburg, Va. 24515