

MEDICAL INFORMATION

In Case of Emergency Contact Name / 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 his staff, officers, agents, employees, representatives, successors and assigns of and 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 _____

Please fill out the application and parental consent form and return it with your deposit to reserve your space at camp.

ELEMENTARY CAMP

June 22-26, 2009

Late Registration & Check-in:

7:30 to 8:30 am June 22nd

Training session ends 12:00 pm June 26th

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

MS & HS CAMP

July 5-9, 2009

Late Registration & Check-in:

7:30 to 8:30 am July 5th

Training session ends 12:00 pm July 9th

This camp is designed for wrestlers ages from 12-18 looking for skill development from basic to advanced technique. Attention will be on developing basic position, set-up techniques, 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.

Early Registration BONUS – \$40 Discount if registered by May 31, 2009.

100 wrestlers per session. Available spots will fill fast. Register early for guaranteed spots, if not late registration will be held between 7:30–8:30 AM in the wrestling complex.

TEAM DISCOUNT (10 or more wrestlers) **\$20 off** in addition to the early registration discount.

LIBERTY UNIVERSITY

Presents the 3rd Annual

Liberty Flames

Wrestling Camp

Elementary Camp—June 22-26

Elementary Age 6-11 (1st thru 6th grade)

9:00 am to 3:00 pm Daily

MS & HS Camp—July 5-9

Middle & High School Age 12-18

OVERNIGHT DORM ROOMS AVAILABLE

(7th thru 12th grade)



Liberty University's brand new wrestling complex is located in the South end zone of Williams Stadium.

CONTACT INFORMATION

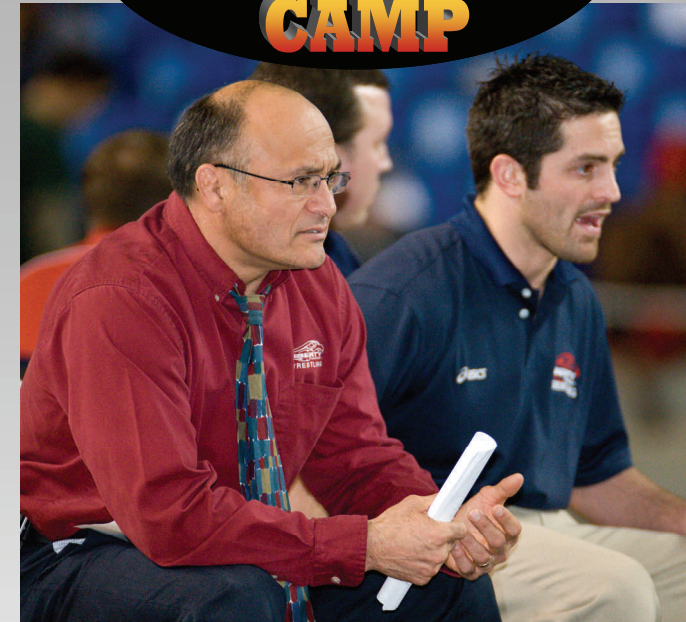
LU Wrestling Office: 434-582-7463

Email: Jesse Castro jcastro@liberty.edu

Pat Sole psole@liberty.edu

Bob Leffew boblefew@viriniagoldwrestling.org

Lorraine Curry lorraine@viriniagoldwrestling.org



JESSE CASTRO

2007 & 2008 EASTERN REGIONAL COACH OF THE YEAR

2009 Schedule

ELEMENTARY

June 22—26, 2009

HIGH SCHOOL

July 5—9, 2009



Liberty University Wrestling is BACK! The coaching staff at LU would like to invite you to become part of a successful rich tradition that has blessed us for so many years.

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.

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



The Coaching Staff

Jesse Castro
Pat Sole
Bryan Brunk
Liberty Flames Wrestling Team

As an athlete **Jesse Castro** was a 6 time All-American. Setting a precedent by becoming the first 4 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 for 25 years. 8 years on the high school level and 17 years on the college level. He is most currently the 2 time NCAA Division I Eastern Regional coach of the year. Liberty University has won the regional qualifying tournament the past two years sending a total of 10 wrestlers to the NCAA Division I National Tournament.



Bryan Brunk, head wrestling Coach at Messiah College, was the 2004 NCAA Division III Rookie Coach of the Year, 2005 Bob Bubb Coaching Excellence Award, 2005 MAC Coach of the Year.

Transportation to and from campus must be provided by parent. **Overnighters:** will be staying in the LU Dorms. **Camp Counselors** will be staying with the wrestlers. **Parents must make their own accommodations.**

Pat Sole, a 1983 Liberty University graduate, coached 18 years at Parkersburg South High, WV. Sole helped guide his former high school to 10 state championships and three runner-up finishes, along with five national rankings.



As a competitor, Sole was a high school All-American capturing the state title twice and finishing as the runner-up once. He was the 1978 Junior World Champion and a member of the United States Junior National Team, placing a total of four times nationally in Freestyle and Greco wrestling. He was a 1980 Olympic Trials regional champion and Olympic National Trials final place winner, qualifying him as an alternate for the 1980 Olympic team.

Benefits:

- Low staff to athlete ratio
- One on one coaching, training & evaluation
- Specific training strategies—pre, in, post season
- T-shirts
- Devotions—the total athlete
- Activities—pool, games, related training outside the wrestling room
- Film session
- Liberty Division 1 wrestler clinicians

One week session cost \$250.00

Includes: 5 days of intensive training & t-shirt

LUNCH: During the Elementary Day Training Camp, a break will occur between 11:30 am and 1:00 pm for lunch. It is the responsibility of each parent to provide or send lunch with their athlete. Lunch is available for \$6/ per day.

CAMP APPLICATION

PLEASE COMPLETE BOTH SIDES OF THIS FORM AND RETURN IT WITH THE NON-REFUNDABLE DEPOSIT TO RESERVE YOUR SPACE AT CAMP. *Open to any and all entrants (limited only by number, age, grade level, and/or gender).*

CHECK DESIRED SESSION

- Elementary Age 6-11 \$250
- MS / HS Age 12-18 \$250 Day
- MS / HS Age 12-18 \$370 Overnight

Deposit \$100.00

DISCOUNTS AVAILABLE

- EARLY REGISTRATION \$40
- TEAM (10 or more wrestlers) \$20
- SIBLING (2nd Child) \$20
- (3rd Child) \$40

Please return your non-refundable deposit and application to: Liberty Wrestling

1971 University Blvd.

Lynchburg, VA 24502

Please make checks payable to Liberty Wrestling. Receipt at registration upon request.

Name _____

Email _____

Address _____

City _____ State _____ Zip _____

Parents Name _____

Work # _____ Home # _____

Male _____ Female _____ Age _____ Grade _____

T-shirt Size (circle) Adult / Youth S M L XL XXL