



LIBERTY UNIVERSITY presents
2nd Annual
Liberty Flames Wrestling Camp

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 implementing the Seven Basic Skills while teaching both fundamental and advanced techniques.

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

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

The Coaching Staff

Jesse Castro

Pat Sole

Liberty Flames Wrestling Team

Session 1 - June 22-27

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

9:00 am to 3:00 pm Daily

Session 2 - July 6-10

Middle & High School Age 12-18

OVERNIGHT HOUSING AVAILABLE

(7th thru 12th grade)



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

CONTACT INFORMATION

Office 434-582-7463
 Email psale@liberty.edu
 jcastro@liberty.edu

SESSION ONE

June 22-27, 2008

Late Registration & check-in:

7:30 to 8:30 am June 22nd

Training session ends 12:00 pm June 27th

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.

SESSION TWO

July 6-10, 2008

Late Registration & check-in:

7:30 to 8:30 am July 6th

Training session ends 12:00 pm July 10th

This day 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 – 10% OFF if registered by June 6, 2007

50 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 (20 or more wrestlers) **\$20 off**

CAMP APPLICATION

PLEASE COMPLETE BOTH SIDES OF THIS FORM AND RETURN IT WITH THE NON-REFUNDABLE DEPOSIT TO RESERVE YOUR SPACE AT CAMP

CHECK DESIRED SESSION

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

* Required Deposit \$100.00

Total For Wrestling Camp \$250
 Less Deposit - \$100
 Balance Due at Registration \$150

Deposit must be received 2 weeks prior to camp in order to receive T-Shirts

Please return you non-refundable deposit and application to: Liberty Flames / Camps
 1971 University Blvd.
 Lynchburg, VA 24502

Please make checks payable to Jesse Castro Camps. Your return check will be your confirmation.

Name _____
 Email _____
 Address _____
 City _____ State ____ Zip _____
 Parents Name _____
 Work # _____ Home # _____
 Male _____ Female _____ Age _____
 T-shirt Size (circle) Adult / Youth S M L XL XXL

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 Jesse Castro 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.



Prior to Coaching at Liberty, Coach Castro was head coach at Kingsway Regional High School in Woolwich, N.J., where he compiled a 124-29 record and won five conference and South Jersey sectional championships, four district titles, and the 1998 state championship.

Castro got his start as a head coach at Norwich University in Northfield, Vt.,

where he served from 1988 to 1997. During his time at Norwich, the Cadets were three-time New England College Conference Wrestling Association runner-ups, and were ranked in the nation's Top-20 four times, as he guided the program to a 103-47 record. They had 53 All-New England wrestlers, nine All-Americans, two national finalists, and one national champion during Castro's tenure.

Castro is a 1981 graduate of Liberty and was the first four-time national champion in the history of the National Christian Collegiate Athletic Association (NCCAA), compiling a career record of 101-20-2. He had a career-best 29-5-1 record as a senior, while also finishing fourth at the NAIA National Championships in 1981. After graduation, Castro wrestled with Athletes in Action from 1981-83, and later wrestled for teams which traveled to Japan, Russia and South Korea from 1987-89.

Castro became head coach at Liberty for the Flames' return season to the mat in 2006 leading the team to a 16-8 record and the Eastern Regional Championship. He was voted Eastern Regional Coach of the Year, and the team qualified a program-best four wrestlers for the NCAA Division I National Championships.

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. Food will also be sold at camp.

Transportation to and from campus must be provided by parent. **Housing:** if from out of town, housing is available at Wingate Inn, Super 8 Motel, Extended Stay as well as others on or near campus and Rt. 460



Pat Sole, a 1983 Liberty University graduate, returned to his alma mater in 2006 after 18 years as a wrestling coach at Parkersburg South High School in Parkersburg, W.Va. Sole helped guide his former high school to 10 state championships and three runner-up finishes, along with five national rankings. He coached seven high school All-Americans, and 11 wrestlers from his program went on to wrestle at

the NCAA Division I level.

As a competitor, Sole was a high school All-American at Parkersburg South, 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. Sole went on to wrestle at Liberty, where he was a National Christian College Athletic Association (NCCAA) All-American and team captain. 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 Div 1 wrestler clinicians

One week session cost \$250.00

Includes: 5 days of intensive training, t-shirt

*bring your own bag lunch or money to purchase

2007 EASTERN REGIONAL COACH OF THE YEAR

ELEMENTARY
June 22—27, 2008

HIGHSCHOOL
July 6—10, 2008