QUESTIONS?
REACH OUT TO US

NATHAN SHEARER
Head Coach/Camp Director
(419) 618-7681
shearern@wlu.edu

ALEX RADSKY
Assistant Coach
(614) 943-0216
radskya@wlu.edu

REGISTER ONLINE
BY JULY 26
ONLY 30 DAYS REMAIN UNTIL REGISTRATION CLOSES

HTTP://GENERALSWRESTLING.ACADEMIC.WLU.EDU/
WL-WRESTLING-CAMP/

FOLLOW US

@GeneralsWrestle
Washington and Lee Wrestling

WASHINGTON AND LEE UNIVERSITY
CAMP DETAILS

Camp will be hosted by Washington and Lee University at Doremus Gymnasium.

OPEN TO ALL HIGH SCHOOL WRESTLERS
Check In  5:30 PM | Friday August 5
Check Out  11:30 AM | Sunday August 7

$145* if registered after June 1, 2016
Make Checks Payable to “Washington and Lee Wrestling”

*All meals provided
*Lodging not included, but host hotels available. Mention: W&L Wrestling camp. Book by July 5th

BEST WESTERN INN AT HUNT RIDGE
25 Willow Springs Rd, Lexington, VA 24450
★★★ $125/night
(540) 464-1500

BEST WESTERN LEXINGTON INN
850 N Lee Hwy, Lexington, VA 24450
★★ $89/night
(540) 458-3020

CAMP PHILOSOPHY

The camp is designed to combine wrestling instruction, technique, and drills with a visit to campus. There will be various opportunities to meet and speak with professors in academics, meet with W&L admissions, and get to know current and incoming student-athletes at Washington and Lee.

CAMP SCHEDULE

FRIDAY AUGUST 5TH
5:30 PM – 6:00 PM Check In
6:00 PM – 6:20 PM Camp Introduction
(FAR Prof. Robert Huston & Head Coach Nathan Shearer)
6:00 pm – 8:00 pm Live wrestling
8:00 pm – 9:00 pm Dinner

SATURDAY AUGUST 6TH
7:30 am – 8:30 am Strength and Conditioning
8:30 am – 9:00 am Breakfast
9:00 am – 10:00 am Campus Tour
10:00 am – 11:00 am W&L Information Session
11:30 am – 1:00 pm Wrestling Technique
1:00 pm – 2:00 pm Lunch
2:00 pm – 2:45 pm Q&A with W&L Professors
5:00 pm – 7:00 pm Live Wrestling
7:00 pm – 8:00 pm Dinner

SUNDAY AUGUST 7TH
7:30 am – 8:30 am Strength and Conditioning
8:30 am – 9:00 am Breakfast
9:30 am – 11:00 am Wrestling Technique
11:30 am Depart