

LWC WRESTLING BOOT CAMP

Our mission: LWC Wrestling believes in creating Champions, we want to provide you with the tools to succeed in wrestling and in life! That is why our camps are designed to create a powerful, long lasting impression. Each camp is specifically designed for you to maximize your potential as a wrestler. Don't take our word for it, come to our camps and let the results speak for themselves!

WHEN:
APRIL 19, MAY 3
and JUNE 7
FROM 9 A.M. - 7 P.M. CT

WHERE:
Lindsey Wilson
Wrestling
Room

COST:
\$50/WRESTLER
Due at
Registration



ABOUT THE LWC WRESTLING PROGRAM

Program accomplishments past 2 seasons:

- 10 - All-Americans
- 5 - National Finalists
- 3 - Academic All-Americans
- 2 - National Champions
- 2 - Top 5 team finishes

Each date will be an intense training session with Technique, Drilling and Live wrestling. This boot-camp is designed to create an environment of hard work and mental toughness. Athletes will be wrestling for the entire session with a brief break every hour. This is a truly unique way to train, so come prepared!

Limited to the first 75 wrestlers who show up at each session.

To reserve a spot, contact Assistant Coach, Derek Nickel derek.nickel@lindsey.edu, or visit: <https://www.facebook.com/LindseyWilsonCollegeWrestling>