***Team/Competition Camp: Mountaineer Team Camp***

July 6-9 (only one Team camp this year)

$260 Commuter (includes lunch and dinner)

Dorm Option $420 room with meals.

\*sibling discount $25 per sibling

\*group discount $25 per camper with teams of 10 or more

Dorm coaches’ rate with team of 10 or more $220

\*Dorm coach/parent rate $300

\*OPEN TO ANY AND ALL ENTRANTS

Mountaineer Team Camp is designed to get you as many live matches as possible.

There will be one session a day focusing on techniques in all areas of wrestling, followed by 2 sessions of live matches. You will be taught and coached by WVU coaches and wrestlers, as well as other great high school coaches. There will be a dual meet team champion as well as an individual TD tournament.

The goal is to provide you with match experience while being coached by top level wrestlers and coaches. Wrestlers will be provided a personal evaluation of their wrestling at the end of camp.

Daily motivational talks include nutrition and diet, strength and conditioning, and mental preparation.

A wrestler does not need to attend with a team. Individuals will be assigned to a team for duals.

Check in is at 3pm on first and last day of camp Check out is 11am on last day

Typical Day:

7:30-8:00am Breakfast

9:00-11:00am Technique and Education Session

12:00pm Lunch

1:00-3:00pm Live Matches

5:00-6:00pm Dinner

6:30-8:30pm Live Matches

***Intensive Camp: Mountaineer Intensive Mountain Man Camp***

July 6-9, July 9-12

Dorm Option $450 room with meals. (No commuters)

\*sibling discount $25 per sibling

\*group discount $25 per camper with teams of 10 or more

Dorm coaches’ rate with team of 10 or more $220

\*Dorm coach/parent rate $300

\*OPEN TO ANY AND ALL ENTRANTS

Intensive Camp is designed for the serious wrestler that wants to learn how to get that extra edge in their training and wrestling. Train alongside current Mountaineer wrestlers!  This camp does it all, conditioning, technique, drills, live wrestling, and competition matches.

 Check in is at 3pm on first and last day of camp Check out is 11am on last day

Typical Day:

6:30-7:30am Workout #1 (conditioning, strength, drills)

7:30am Breakfast

9:30-11:30am Workout #2 (Technique, 100 pull ups)

12:00pm Lunch

3:30-5:30pm Workout #3 (Live Wrestling, Conditioning)

6:00pm Dinner

8:00-9:30pm Workout #4 (Technique, drills)

 ***Intensive Camp: 7 DAY Mountaineer Intensive Mountain Man Camp***

July 6-12

Dorm Option $800 room with meals. (No commuters)

\*sibling discount $50 per sibling

\*group discount $50 per camper with teams of 5 or more

Dorm coaches’ rate with team of 5 or more $420

\*Dorm coach/parent rate $500

\*OPEN TO ANY AND ALL ENTRANTS

Intensive Camp is designed for the serious wrestler that wants to learn how to get that extra edge in their training and wrestling. Train alongside current Mountaineer wrestlers!  This camp does it all, conditioning, technique, drills, live wrestling, and competition matches.

Check in is at 3pm on first and last day of camp Check out is 11am on last day

Typical Day:

6:30-7:30am Workout #1 (conditioning, strength, drills)

7:30am Breakfast

9:30-11:30am Workout #2 (Technique, 100 pull ups)

12:00pm Lunch

3:30-5:30pm Workout #3 (Live Wrestling, Conditioning)

6:00pm Dinner

8:00-9:30pm Workout #4 (Technique, drills)

***Technique Camps: Mountaineer Tech Camp***

July 9-12

$260 Commuter (includes lunch and dinner)

Dorm Option $420 room with meals.

\*sibling discount $25 per sibling

\*group discount $25 per camper with teams of 10 or more

Dorm coaches’ rate with team of 10 or more $220

\*Dorm coach/parent rate $300

\*OPEN TO ANY AND ALL ENTRANTS

The Mountaineer Tech camp is built for the athlete wanting to focus on technique while in Morgantown. Basic and High-level World-Class technique will be taught to all. While you will do some live wrestling here, this camp is set up for SKILL instruction. Come learn from the WVU staff and other Nationally recognized coaches and wrestlers!!!

Check in is at 3pm on first and last day of camp Check out is 11am on last day

Typical Day:

7:30--8am Breakfast

9:00-11:00am Technique and Educational topic

12:00pm Lunch

3:00-5:00pm Technique with a small bit of live wrestling

6:00pm Dinner

8:00-9:30pm Technique and drills