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

June 20-23 or June 27-30

$200 Commuter

Dorm Option $350 single room with meals. Can share a room with sibling only.

Hotel Option with adult, pay commuter rate of $200 then pay hotel on own with adult ($70 a night for king or 2 queen suite with pull out sofa) booked separate with Euro Suites. (LIMITED SPACE) 304-598-1000 as for WVU Wrestling Camp rate.

 \*sibling discount $20 per sibling

\*group discount $20 per camper with teams of 10 or more.

\*Dorm coach/parent rate $275

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.

Typical Day:

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***

June 20-23 or June 27-30

$200 Commuter

Dorm Option $350 single room with meals. Can share a room with sibling only.

Hotel Option with adult, pay commuter rate of $200 then pay hotel on own with adult ($70 a night for king or 2 queen suite with pull out sofa) booked separate with Euro Suites. (LIMITED SPACE) 304-598-1000 as for WVU Wrestling Camp rate.

 \*sibling discount $20 per sibling

\*Dorm coach/parent rate $275

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.

Typical Day:

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

7:45am 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)

***HWT CAMP: Mega Mountaineer featuring Bruce Baumgartner***

 June 27-30

$250 Commuter

Dorm Option $400 single room with meals. Can share a room with sibling only.

Hotel Option with adult, pay commuter rate of $200 then pay hotel on own with adult ($70 a night for king or 2 queen suite with pull out sofa) booked separate with Euro Suites. (LIMITED SPACE) 304-598-1000 as for WVU Wrestling Camp rate.

\*sibling discount $25 per sibling

\*Dorm coach/parent rate $275

Bruce Baumgartner is coming to WVU to run his world famous, biggest and best HWT camp in the country. Come learn and train with the best HWTs in the country.

This is your chance to get top level technique and training from the greatest USA wrestler of all time - BRUCE BAUMGARTNER.  The camp is designed to give you high level big man techniques in all positions and live wrestling with heavyweights from all around the country.

Daily speeches from legends of our sport cover ALL aspects of wrestling preparation and competition.

Typical Day:

8:00am Breakfast

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

12:00pm Lunch

3:00-5:00pm Technique, Live wrestling, Conditioning

6:00pm Dinner

8:00-9:30pm Technique, sparring, position wrestling, conditioning

Check in time is Sunday 3-5pm followed by dinner then one wrestling session.

Check out time is 2:30-3:30pm on last day.

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

June 20- 22, June 27-28

$150 commuter

Dorm Option $250 single room with meals. Can share a room with sibling only.

Hotel Option with adult, pay commuter rate of $200 then pay hotel on own with adult ($70 a night for king or 2 queen suite with pull out sofa) booked separate with Euro Suites. (LIMITED SPACE) 304-598-1000 as for WVU Wrestling Camp rate.

\*sibling discount $20 per sibling

\*group discount $20 per camper with teams of 10 or more.

\*coach/parent rate $150 for Technique camp,

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!!!

Typical Day:

8:00am 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