



# MOUNTAINEER — WRESTLING —

## MOUNTAINEER INTENSIVE MOUNTAIN MAN CAMP

*JULY 14-25 | JULY 14-18 OR JULY 21-25*

The Mountaineer Intensive Mountain Man Camp is designed for the serious wrestler who wants to learn how to get that extra edge in their training and wrestling. This camp does it all; conditioning, technique, drills, live wrestling and competition matches.

### TYPICAL DAY

**6:30 a.m. – 7:30 a.m. | Workout No. 1**  
conditioning, strength and drills

**7:45 a.m. | Breakfast**

**9:30 a.m. – 11:30 a.m. | Workout No. 2**  
technique and 100 pull ups

**12 p.m. | Lunch**

**3:30 p.m. – 5:30 p.m. | Workout No. 3**  
live wrestling and conditioning

**6 p.m. | Dinner**

**8 p.m. – 9:30 p.m. | Workout No. 4**  
technique and drills

### COST/INFORMATION

**July 14-25**  
\$1,150 per camper

**July 14-18 OR July 21-25**  
\$525 per camper or \$425 per commuter

- Check in will take place on Sunday from 3 p.m. to 5 p.m., followed by dinner and one wrestling session.
- The last day will have an eight-mile run at 9 a.m., followed by check out at approximately 11 a.m.
- Please bring twin sheets, blankets, pillows, wrestling gear and clothes.
- Of note, our online payment system does not process group and sibling discounts. Refunds will be provided at the start of camp or payment arrangements can be made through assistant head coach Cliff Moore.



#### WVU COACHING STAFF



Head Coach  
Tim Flynn



Assistant Head Coach  
Cliff Moore



Assistant Coach  
Mitchell Port



Assistant Coach  
Cody Walters

#### WVU CAMP COUNSELORS



133 Pounder  
Matt Schmitt



165 Pounder  
Nick Kiussis



197 Pounder  
Noah Adams



285 Pounder  
Brandon Ngati



# WVUCAMPS.COM

**\*Open to any and all entrants\***

Contact assistant head coach Cliff Moore with questions:  
Clifford.Moore@mail.wvu.edu or 304-293-9874