

# CAVALIER WRESTLING CLUB CADET & JUNIOR LEVEL RTC SUMMER TRAINING

**ONLY \$25.00  
A DAY!**

**JULY 25<sup>th</sup> - JULY 26<sup>th</sup>**

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A DAY!**

## DAILY TRAINING SCHEDULE

**TUESDAY, JULY 25**

**Elite Level Training at 3:00-4:30pm**

**WEDNESDAY, JULY 26**

**Light Drill/Lifting: 10:00-11:15am**

**Elite Level Training at 3:00-4:30pm**

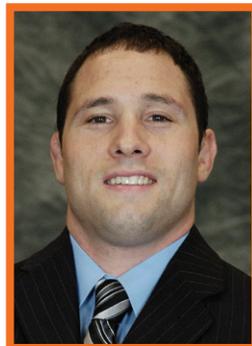
*note: housing is not provided and accommodations will need to be set up by individual campers.*

**You will be exposed to the process our Elite Level athletes go through in preparation for the World Championships. We will have a strength and lifting morning session, along with a elite level technique and drill training session in the afternoon. We will get you ready for any competition! Come find out what the elite do to beat the best.**

## CAVALIER WRESTLING CLUB RTC TRAINING STAFF



**HEAD CWC COACH  
ASST. UVA COACH  
TRENT PAULSON**



**HEAD UVA COACH  
STEVE GARLAND**



**ASST. UVA COACH  
TRAVIS PAULSON**



**CWC ATHLETE  
UVA VOL. COACH  
SHELTON MACK**

### CAVALIER WRESTLING CLUB/RTC MISSION

The mission of our Regional Training Center is to recruit athletes with Olympic aspirations to live and train in Charlottesville, VA while we provide them with world class training opportunity and the financial support needed to chase their dream. The resident athletes will train in the UVA wrestling room, which has been officially designated as a Regional Olympic Training Center by USA Wrestling. Our resident athletes and coaches will also be heavily involved in working with the scholastic members of the Cavalier Wrestling Club by running practices and sharing their knowledge and passion for the sport.

