

Lock Haven University Big Man Wrestling Camp July 14-16

Featuring 3x NAIA National Champ and 2016 Olympic Trials 5th placer Eric Thompson

Counselors will include LHU wrestlers Brad Emerick, Tristan Sponseller, Corey Hazel and 4 X PA State Champion Thomas Haines!

Thursday July 14th

Check in: 12:00 - 1:00 p.m.-Fairview Suites Residence Halls

Session I: 1:45 - 4:00 p.m. – Under-hook Technique Session/Takedowns

Dinner: 4:30-5:30 p.m.

Session II 7:00 – 9:00 p.m. - Proper Warm Up/Review Drill/Live Wrestling

Friday July 15th

Breakfast- 7:30 - 8:00 a.m.

Session III: 9:00 – 10:45 a.m. – Diet/Lifting Session/Discussion Topics

Lunch 11:30 – 12:30 p.m.

Session IV: -2:00-3:30 -Top Position Riding/Turns/Pinning

Dinner- 4:30 – 5:15 p.m.

Session V: 7:00 – 9:00 p.m. Warm-ups/Hard Drilling/Live Wrestling

Saturday July 16th

Breakfast- 7:30 – 8:00 a.m.

Session VI: 9:00 – 11:15 a.m. Bottom Technique/Situational Wrestling/Competition

Check Out 12:00 – 1:00 p.m. –Fairview Suites Residence Halls

