

## SPARTAN WRESTLING

The Castleton University wrestling program was established in 2016-17 academic year and quickly rose to national prominence in short order. In the inaugural season, Castleton sent a wrestler to the NCAA National Championships and had two All-Region wrestlers. In 2017-18, the Spartans won the NWCA All-Academic Team Award as the top academic team in NCAA Division III. In 2018-19, the Spartans reached the National Rankings for the first time in program history, debuting at No. 21 in the NWCA Rankings. In 2019-20, the Spartans set a new mark, reaching as high as No. 20 in the NWCA polls while posting a program-record 17 dual match victories. The success reached a pinnacle in 2020-21 despite a shortened season, as Castleton was unbeaten with a 5-0 record, including wins over two top-15 teams in the country. The victories brought Castleton into the national rankings once more as the Spartans ended the year ranked No. 24 in the country.

The camp will be led by the Castleton University Wrestling coaching staff, including head coach Scott Legacy. Legacy was named the 2014 USA Today National Coach of the Year and was inducted into the New England Wrestling Hall of Fame in 2009. Legacy has shown the ability to develop wrestlers at all weights, with 175 individual Vermont state champions, a national record for all high school coaches, and 86 All-American wrestlers. He has coached seven national champions, 28 New England Champions and has had three high school USA Team Members. One of his wrestlers has gone on to make the USA World Team and over 180 have competed at all levels of collegiate wrestling. He completed his high school coaching career with 699 dual meet victories.

Assistant coaches Joseph Duca, Steve Forrest, Jared Costa, Mitchell LaFlam and Jeff Whitesell, along with Castleton University wrestlers and other guest coaches will be on hand to assist Legacy throughout the camp. Guest coaches will be announced following the conclusion of the NCAA Championships. Past guest coaches have included National Champions, Division I All-Americans and various Division I coaches.

A camp store will be available at night selling gear, pizza, drinks and snacks.



CASTLETON WRESTLING  
TECHNIQUE & COMPETITION  
190 UNIVERSITY DRIVE  
CASTLETON UNIVERSITY  
CASTLETON, VT 05735

# CASTLETON TECHNIQUE & COMPETITION CAMP



**JULY 25-28, 2021**  
*Boys and Girls Entering Grades 4-12*

## REGISTRATION OPTIONS

The Castleton Wrestling Camp is pleased to offer two ways to register for the 2021 camp.

1. Fill out this form and return it with payment.
2. Register online and pay by credit card.

To access the online registration site, go to **castletonsports.com/camps**. From there scroll to the online registration link for the Castleton Wrestling Camp.

## CAMP HIGHLIGHTS

- T-shirt to all participants
- Individual attention from coaches
- Exposure to college coaches
- See what it takes to compete at the next level

## WHAT TO BRING

### ALL CAMPERS

- Workout gear, Wrestling shoes, running shoes, headgear (optional), knee-pads (optional), & mouthpiece (optional)

- Casual Clothes (to walk around outside camp sessions)

- Towel, swimming suit, flip flops (optional)

- Spending money for snacks and camp gear

### OVERNIGHT CAMPERS

- Blanket, sheets, sleeping bag (optional) & fan

## TUITION

\$390 - Overnight Stay (all sessions, meals, activities)

\$40 - Refundable key deposit due at check-in

\$365 - Commuter (all sessions, meals, activities)

\$145 - Evening Commuter (evening sessions, snacks)

## CONTACT

Castleton Wrestling Head Coach Scott Legacy:  
scott.legacy@castleton.edu/802-379-6232 OR  
www.facebook.com/castletonwrestlingcamp

## PHILOSOPHY

The Castleton University Wrestling Technique and Competition Camp is designed to help athletes understand techniques of the sport that will translate to future wins. The techniques sessions will concentrate on all three positions: neutral, top and bottom. The athletes will participate in live wrestling and competition each day, and will learn about how to train to become the best wrestler and person you can be through motivational talks from the guest clinicians.

## TYPICAL DAY (TIMES SUBJECT TO CHANGE)

7:30-8:30 AM Breakfast

9:00-11:00 AM Technique, Drills, Live Wrestling

12:00-1:00 PM Lunch

2:00-3:30 PM Technique, Drills, Live Wrestling

3:45-4:15 PM Pool Time or College-Style Practice

5:00-6:00 PM Dinner

5:45 PM Evening commuters arrive

6:00-7:45 PM Technique, motivational talks

7:45-8:30 PM Live matches

9:00-9:30 PM Pool Time

11:00 PM Lights out

## REGISTRATION DETAILS

- Check-in for overnight/commuter Sunday, July 25: 12 - 1 p.m.

- Check-in for evening: 5 - 5:30 p.m. at Glenbrook Gym. If campers want to add sessions to the evening session, contact Coach Legacy about price and availability.

## COLLEGE-STYLE PRACTICES

Two optional workouts on July 26 & 27 provide student-athletes grades 9-12 with a glimpse at what it is like to be a Castleton wrestler as they practice the "Spartan Way" with a brief afternoon session. Please indicate on your registration form if interested.



All sessions held in the Castleton Wrestling Room and Glenbrook Gymnasium at Spartan Athletic Complex.

## REGISTRATION

Name:

Address:

Email:

Parents' Daytime Phone:

Height:

Weight:

School:

Grade Entering Fall 2021:

Parent/Guardian Name(s):

Roommate Preference:

T-Shirt Size (Youth & Adult):

## REGISTRATION FEES

Type	# Attending	Cost	
Overnight	@	\$390	
Commuter	@	\$365	
Evening		\$145	
Sibling Discount (per additional registration) - \$10			
CAMP DEPOSIT WAIVED DUE TO COVID-19			
College Style Practice?	Y / N	Total Cost:	

Please make checks payable to:  
CASTLETON UNIVERSITY

## RETURN FORM WITH CHECK TO:

Castleton Wrestling Camp  
190 University Drive  
Castleton University  
Castleton, VT 05735

## WAIVER/INSURANCE

I realize that participation in any athletic activity involves risk of injury. I hereby agree to waive any claim against Castleton University, and its instructors for any injuries suffered by my child during this camp. I will be responsible for all medical or other charges in connection with my child's attendance at camp.

Insurance Company

Policy Number

Parent/Guardian Signature

Date