

**Parent/Guardian Authorization**

As the parent or guardian of \_\_\_\_\_, I understand the nature and scope of the activities of Nathan Shearer’s GENERALS Wrestling Camp. My child’s participation in camp events and activities is completely voluntary. I understand that, despite appropriate safety precautions, Nathan Shearer’s GENERALS Wrestling Camps cannot guarantee that no injury will occur in the course of my child’s participation in camp events and activities. I have instructed my child to obey all rules and directions given by camp personnel. Further, I assume all risks resulting from his/her participation in camp events and activities and I will indemnify and hold harmless Nathan Shearer’s GENERALS Wrestling Camps, Washington and Lee University, and the trustees, officers, directors, employees, agents, and volunteers of each from any and all liability, causes of action, claims, and demands which may arise in connection with or resulting from my child’s participation in camp events and activities.

I approve my child’s attendance and participation at Nathan Shearer’s GENERALS Wrestling Camp and certify that my child is in good health and able to participate in all camp activities. Any medical issues or abnormalities that could affect my child’s participation at camp are listed below. If medical attention is required for illness or injury while attending camp, I give my permission for my child to receive medical treatment.

\_\_\_\_\_  
Signature of Parent/Guardian                      Date

Please list any medical issues or abnormalities that could affect your child’s participation in camp activities: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Does your child have any food allergies? \_\_\_\_ No \_\_\_\_ Yes  
If “Yes,” please explain: \_\_\_\_\_  
\_\_\_\_\_

**Insurance Information:**  
Employer/Sponsor: \_\_\_\_\_  
Insurance Co.: \_\_\_\_\_  
Policy #: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_

**Emergency Contact:**  
Name: \_\_\_\_\_  
Relationship to Camper: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone Number: \_\_\_\_\_

**Camp Staff**

**Nathan Shearer** – Camp Director

\*Head Coach at Washington and Lee University

**Ryan Riggs**

\*Assistant Coach at Washington and Lee University

**Terry Waters**

\*Assistant Coach at Washington and Lee University

**W&L Collegiate Wrestlers**

**Camp Philosophy**

Nathan Shearer’s GENERALS Wrestling Camps are designed to provide wrestlers of all ages with strong fundamental techniques that can be incorporated at any level. The Camps emphasize offensive scoring, mat awareness, top/bottom wrestling, and strategic planning for competitions, while promoting an atmosphere to enjoy the sport of wrestling.

**Bring the Family!**

Located in Virginia’s Shenandoah Valley, Lexington offers notable historic sites as well as access to the natural resources of the Allegheny and Blue Ridge Mountains. Bring the whole family and enjoy touring the museums, hiking, biking, canoeing, kayaking, fishing, tubing, white water rafting, and many other activities.

**NATHAN  
SHEARER’S  
“GENERALS”  
WRESTLING  
CAMPS**



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**Hosted at  
Washington and  
Lee University**

*“The commitment you make today will directly determine how much success you have tomorrow.”*

[www.generalswrestlingcamps.com](http://www.generalswrestlingcamps.com)

# Nathan Shearer's 2014 GENERALS Wrestling Camps

## Prospect Camp – July 25, 26, 27

The Prospect Camp is an excellent opportunity for high school wrestlers who may be interested in continuing their wrestling career at Washington and Lee University. Each prospect will train with prospective and current W&L wrestlers. In addition to participating in camp activities, Prospects will have the opportunity to tour campus, speak with an admissions counselor, and take part in a W&L information session. Each prospect will be housed in the dormitories at W&L and be provided a full meal plan at the Marketplace dining hall. The Prospect Camp coaching philosophies reflect the same principles that each prospect will use to flourish academically, be a leader in the campus community, thrive in his career, and positively contribute to his community. The Prospect Camp is a great way for a prospective student-athlete to immerse themselves into the culture of W&L's wrestling team, campus, and academic environment.

### Prospect Camp Schedule

<u>Friday</u>	
4:30 PM	Check-In
6:00 - 8:00 PM	Technique / Live Wrestling
<u>Saturday</u>	
8:00 - 8:30 AM	Breakfast
8:30 - 9:00 AM	Overview of W&L
9:00 - 11:00 AM	Wrestling: Technique / Skill Drills
11:30 - 12:00 PM	Q&A with Coaches and Wrestlers
12:00 - 2:00 PM	Lunch / Free Time to Use W&L Facilities
2:00 - 4:00 PM	Wrestling: Technique / Skill Drills
4:00 - 4:30 PM	Speaker: Admissions Counselor
4:30 - 5:00 PM	W&L Information Session
5:00 - 6:00 PM	Dinner
6:00 - 8:00 PM	Wrestling: Drills / Live Wrestling
<u>Sunday</u>	
8:30 - 9:00 AM	Breakfast
9:00 - 11:00 AM	Wrestling: Technique / Skill Drills
11:30 - 1:00 PM	Campus Tour
1:00 PM	Depart

## Generals Camp – June 20, 21, 22

The Generals Camp is open to wrestlers of all ages and skill levels. The goal of the Generals Camp is to help campers refine the high percentage attacks, turns, and pins that will separate them from their competition. With this goal in mind, the Generals Camp focuses on techniques and drills that are transferable to any level of wrestling. This approach of "performing the basics better" is successful at the youth, state, and NCAA Championships level. In addition to learning new techniques, drills, and strategies, campers will be taught how to incorporate what they learn into their individual style. Campers will also be provided with opportunities to experience the recreational facilities at W&L such as the swimming pool, fitness center, and dining hall.

### Generals Camp Schedule

<u>Friday</u>	
4:30 PM	Check-In
6:00 PM - 8:00 PM	Skill Drills / Live Wrestling
8:00 PM	Dinner
<u>Saturday</u>	
8:00 AM - 8:30 AM	Breakfast
8:30 AM - 10:30 AM	Technique / Drill Session
11:00 AM - 11:45 AM	Lunch (provided at Marketplace)
11:45 AM - 2:30 PM	Open Swim
3:00 PM - 4:30 PM	Technique / Skill Drills
5:00 PM - 6:00 PM	Dinner
6:30 PM - 8:00 PM	Live Wrestling / Tournament
<u>Sunday</u>	
9:30 AM - 11:00 AM	Technique / Drill Session
11:30 AM - 12:00 PM	Lunch (provided at Marketplace)
12:30 PM	Depart

Registration forms can be printed and mailed or completed online at [www.generalswrestlingcamps.com](http://www.generalswrestlingcamps.com)

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_

Age: \_\_\_\_\_ Grade: \_\_\_\_\_

T-shirt: YS YM YL S M L XL

- Prospect Camp \$275.00  
\*Register prior to May 10 \$250.00
- Generals Camp \$150.00  
\*Register prior to May 10 \$125.00  
\*housing/meal option add \$100.00

#### Payment:

- \$75 (non-refundable) deposit due at registration.
- Balance due upon arrival at camp.
- Checks payable to "Nathan Shearer's GENERALS Wrestling Camps."

Mail completed application form/payment to:  
Nathan Shearer  
110 Johnstone St  
Lexington, VA 24450  
(540) 458-8683  
E-mail: [generalswrestlingcamps@gmail.com](mailto:generalswrestlingcamps@gmail.com)