

SPRING NATIONALS BOOT CAMP at VIRGINIA TECH

Featuring: VIRGINIA TECH COACHING STAFF

Kevin Dresser, Tony Robie, Nate Yetzer, Eric Morrill

REGISTER AT; www.kDresserCamps.com

Friday, March 23

6:00pm Registration
7:00-9:00pm Session I Nate Yetzer-Hard Wrestling/Conditioning

Saturday, March 24

9:00-10:30am Session 2 Tony Robie-Run and Drill
11:00am Lunch (on your own)
2:00-4:00pm Session 3 Kevin Dresser-Hard Wrestling/Conditioning
5:00pm Dinner (on your own)
7:00-8:30pm Technique TBA

Sunday, March 25

9:00-11:00am Session 4 Eric Morrill-Hard Wrestling/Conditioning

Note: This is a TRAINING CAMP and you are expected to report to camp in shape! Workouts will consist of technique, hard wrestling and conditioning!

Cost: \$135 (If you register before 3/17)
\$150 (If you register after 3/16 or walk-in)

Camp is limited to 75 participants only. Participants must currently be in 6th through 12th grade.

GREAT OPPORTUNITY TO TRAIN FOR THE NHSCA AND FLO NATIONALS!!!!

WE DO NOT PROVIDE LODGING

Hotels Available....be sure to ask for the "VT WRESTLING BLOCK" and book by March 9th for discounted rate.

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| Microtel in Christiansburg (5 miles from campus) | 540 381-0500 | \$36 (1 Queen) \$46 (Queen Suite) |
| Hawthorn Suites in Blacksburg (1 mile from campus) | 540 552-5636 | \$80 |
| Hilton garden in Blacksburg (1 mile from campus) | 540 552-5005 | Call for rate |