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Wrestling camp is underway

July 10, 2008 | Eric Brown

The second annual Liberty Flames Wrestling Camp is now under way. Led by coaches Jesse Castro and Pat Sole, the camp helps high school males ages 12-18 develop their grappling techniques, preparing them for the collegiate level. Campers hone their skills through basic drills and are exposed to aerobic conditioning and weight training. The camp concludes on July 10.

Since resurrecting the Flames wrestling program in 2005, Castro has led his team to two consecutive NCAA East Regional titles. During his four years as a Liberty grappler in the '70s and '80s, he became the first four-time national champion of the National Christian Collegiate Athletic Association (NCCAA).