

PRINCETON UNIVERSITY

WRESTLING CAMPS

A HIGHER STANDARD CAMP

June 18-20, 2022

Camps include instruction and a camp t-shirt. Drop-off and pick-up will be required daily. Hotels and travel arrangements are not provided. Participants must secure their own overnight accommodations (if needed).

SATURDAY - MONDAY

9a		Check-in / Session I: Technique (Jadwin Gym E-Level)
11a		Lunch and Recover
12p		Session II: Technique (Jadwin Gym E-Level)
2p		Break
3:30p		Session III: Live College Style Practice (Jadwin Gym)
5p		Pick-up

Princeton Wrestling's motto is: "A Higher Standard" because we work to operate at a level which exceeds our competitors. This distinction is especially clear with our camps and clinics. Instead of taking as many campers as possible, like so many other camps out there, we limit enrollment in our camps and clinics to ensure each individual gets the attention they need to have an outstanding experience. Additionally, all sessions are led by the experienced and highly decorated Princeton University coaching staff. These coaches will go to great lengths to provide instruction that is technically innovative but also individualized.

"A Higher Standard" Intensive Prospect Clinic and Camp is special in that we not only give campers an inside look at the Princeton Wrestling approach to technique and training, but more importantly, through our "Higher Standard Sessions", we examine the principles and philosophies that have led to Princeton's meteoric rise through the ranks of Division I wrestling. Every wrestler that attends Princeton is given an abridged Princeton Wrestling "Higher Standard" manual similar to the one given to the Princeton University wrestlers, which, lays out, in detail, the tools for success on the wrestling mat and beyond.

All training sessions are conducted on Princeton University's iconic Ivy League campus allowing attendees to train on the campus of the #1 ranked university in the country (US News and World Reports). The "Higher Standard" Camp and Clinic is an immersion into the culture of our program. We will clearly outline our systematic, explicit approach to success.

The "Higher Standard" camps are intensive and designed for very serious wrestlers who have aspirations of competing on the Division I level after high school.

TECHNIQUE AND LIVE CAMPS

Session 1: June 22-25, 2022 | Session 2: July 6-9, 2022

Camps include instruction and a camp t-shirt. Drop-off and pick-up will be required daily. Hotels and travel arrangements are not provided. Participants must secure their own overnight accommodations (if needed).

SESSION 1 & 2: WEDNESDAY - SATURDAY

9a		Check-in / Session I: Technique (Jadwin Gym E-Level)
11a		Lunch and Recover
12p		Session II: Technique (Jadwin Gym E-Level)
2p		Break
3:30p		Session III: Live College Style Practice (Jadwin Gym)
5p		Pick-up

The Princeton Wrestling Camp offers a unique design that allows wrestlers to learn high percentage techniques from some of the best coaches in the country. Attendees then apply these techniques in “college style” live wrestling situations. The design of the camp sessions will consist of technique sessions in the morning and afternoon and a live/competition session in the afternoon as well.

Unlike so many other camps that lack organization in what is taught, we use a systematic, cumulative approach to ensure our wrestlers master the high percentage techniques that win big matches. All training sessions are conducted on Princeton University’s iconic Ivy League campus, giving grapplers the chance to experience wrestling on the campus of the #1 ranked University in the country (US News and World Reports).