

Navy Wrestling Coach Joel Sharratt



Joel Sharratt
Camp Director

Coming off a season that saw Navy equal its best finish at the EIWA Championship since 2013, while sending five Mids to the NCAA Championship, Joel Sharratt enters his fifth year as head coach of the Navy wrestling program.

A former assistant coach at the Naval Academy under long-time head coach Bruce Burnett, Sharratt arrived in Annapolis following the 2014 season after spending the previous eight years (2007-14) as the head coach at Air Force.

One of the nation's most passionate coaches, Sharratt is no stranger to success. As a college athlete at the University of Iowa he earned three consecutive trips to the NCAA Finals ultimately winning the Championship.

Following his college career, Sharratt was a two-time member of the U.S. National Team, earning the bronze medal at both the 1996 Olympic Trials and 1997 Pan American Championships. While competing on the international level, Sharratt represented the United States around the world including trips to Russia, Ukraine, Belarus, Bulgaria, Slovakia, Italy, France and Canada. His accomplishments as a coach in the freestyle arena included cadet national champions and junior national champions, as well as multiple national team members and world medalists.

As a coach and committed leader in student-athlete development he has qualified more than 25 athletes for the NCAA Championships and been selected as the Conference Coach of the Year as well as the National Wrestling Hall of Fame State Chapter honoree. Sharratt believes in leadership from the front and has served the Naval Academy on the SUPERINTENDANTS 2015 Honor Review Committee, Team Captains Gettysburg Leadership Training and ultimately was given the opportunity to deploy to Balad AB, Iraq, serving as a part of a Combatives Mobile Training Team. Sharratt is dedicated to supporting many top tier military service branches as combatives instructor serving both with the Marine Corps Martial Arts Center of Excellence and the Air Force Center of Excellence.

Navy Camp Coaching Staff

- Mike Letts – NCAA All-American
- Dan Neff – NCAA All-American
- Lloyd Rogers – University National Champion
- Lloyd Keaser – World Champion & Olympic Silver Medalist
- Josh Asper – Two-time NCAA All-American
- Josh Manu – Two-Time NCAA All-American
- Bob Rehm – NCAA Tournament Qualifier

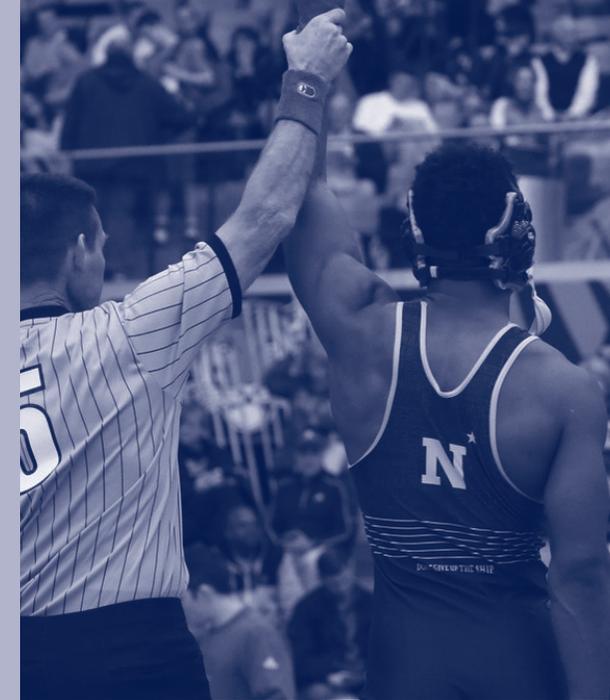
Navy Wrestling Camps
United States Naval Academy
566 Brownson Road
Annapolis, Md. 21402

Priority Registration Now Available
www.navywrestlingcamps.com

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2019 Navy Wrestling Camps



Father / Son Camp
★ June 15-16 ★ July 5-6 ★

Technique Camps
★ June 24-28 ★ June 30-July 4 ★

SEAL Screener Camp
★ July 1-4 ★

SEAL Elite Camp
★ June 17-23 ★ June 24-30 ★

SEAL Ultra Camp
★ June 17-30 ★

Conducted by USNA Wrestling Head Coach
Joel Sharratt
and the Navy Coaching Staff
Sponsored by the NAAA

About the Camps

Father / Son Camp

Dates: Session 1 – June 15-16, 2019
Session 2 – July 5-6, 2019

Price: \$249 for father & one son (boarding)
\$85 for each additional child (boarding)
\$185 for father & one son (non-boarding)
\$75 for each additional child (non-boarding)

Grades: Pre-K thru 8

Description: The Father / Son Camp gives each family the opportunity to connect in a common environment that is fun and exciting for everyone. Every year our fathers find the camp offers an enriching experience to share with their child in a fun and motivational way. Each session encourages kids to learn and grow and actively encourages dads to take part in the training and development at a level in which they feel comfortable. Working with our staff, they participate in the learning and growth that each child experiences during the camp. The camp will include fundamental skills at a pace suitable for both a young athlete and a wise father. The camp exposes everyone to our staff, student-athletes and motivational guest speaker. Sessions include on-the-mat training, guest speaker, pool time and a self-guided and informational tour of the Naval Academy.

Technique Camp

Dates: Session 1 – June 24-28, 2019
Session 2 – June 30-July 4, 2019

Price: \$525 (boarder)
\$435 (commuter)

Grades: 5 thru 12

Description: Every participant is offered a fantastic experience in a camp that is geared for wrestlers at any level! Our signature Technique Camps offer world-class technique and world-class fun! The proven technique curriculum is provided in three dynamic sessions each day and is taught by Olympians, NCAA Champions, All Americans, top-level collegiate and high school coaches. Every skill is broken down in a purposeful way that will allow every participant to grasp the skill and apply it through practice and repetition during the five-day camp. This camp will benefit both the experienced and novice wrestler who is committed to gaining knowledge and diverse training in

skills that helped our staff win matches at the highest levels of competition. Groups will be divided by age and skill level to ensure each camper receives the best instruction for their level of experience. Campers will have access to the facilities (supervised) of the Naval Academy to include lodging in Bancroft Hall, meals in King Hall, training in Wesley Brown Field House and evening recreation time in our world-class aquatics facilities. Camp is open to all wrestlers entering grades 5-12.

SEAL Training Camp

Dates: Screener – July 1-4, 2019
ELITE 1 – June 17-23, 2019
ELITE 2 – June 24-30, 2019
ULTRA – June 17-30, 2019

Price: Screener – \$499
ELITE – \$899
ULTRA – \$1,750

Grades: 7 thru 12

Description: The SEAL Training Camps are designed with the committed wrestler in mind and hard work as the tool to develop each athlete during every session of camp. This camp helps those who accept the challenge to push their limits and grow in every aspect of their training “Mentally, Morally, Physically.” This camp features four daily training sessions, world-class instruction from Olympians, NCAA Champions, All Americans, top-level collegiate and high school coaches, as well as current and former elite service members. Athletes are exposed to the training and methods used at the Naval Academy to develop the more than 60 NCAA All-Americans, Academic All-Americans and commissioned officers who lead our country’s elite fighting forces. There is one sure way to be a successful wrestler, “Outwork Your Competition”.

“NO REFUNDS FOR A LACK OF MOTIVATION”

This camp will expand your wrestling knowledge of the four key aspects of training:

1. It will help you learn to push yourself to your physical limit.
2. It teaches you how to get physically stronger in sport specific ways. You will learn the techniques and routines required to maximize your strength gains.
3. You will gain a deeper understanding of the fundamental and advanced techniques that win at the highest levels of

the sport. Learning the most recent skills being taught in the sport with our World and Olympic Teams during their elite training camps at the US. Olympic Training Center.

4. It will instill in you the mental toughness and fortitude to stay the course in the most challenging circumstances the sport has to offer. If you think you cannot win, you’re right. Learn the mental skills that will help you say “I can and I will be successful.”

The training is designed for athletes who are in shape and ready for the challenges the camp offers. All athletes will be sent a pre-camp training plan to ensure you arrive prepared for the physical rigors of this camp and the daily demands with which you will be challenged.

NAVAL ACADEMY WRESTLING SEAL TRAINING CAMPS			
	Screener Camp	Elite Camp	Ultra Camp
Duration of The Camp	4	7	14
Morning Runs	N*	N*	N*
Wrestling Technique	N*	N*	N*
Live Wrestling	N*	N*	N*
Character Development	N*	N*	N*
SEAL Heaven & Hell Workout		N*	N*
Nutritional Talk & Education		N*	N*
Motivational Speaker (Phase I)		N*	N*
Motivational Speaker (Phase II)			N*
Weight Training Talk & Education			N*
Sports Psychology Talk & Education			N*

About the camps

All campers stay in the world's largest dormitory, Bancroft Hall. The dorms feature air conditioned rooms, private showers, a work desk and bunk beds for all of our campers.

All camp sessions (excluding Father / Son Camp) are held at Wesley Brown Field House. Billed as one of the nation’s top indoor field houses, the campers will enjoy an air conditioned facility and inspirational views of the Severn River during their on-the-mat training session.

Camp Registration and Additional Camp Information

To register for the 2019 Navy Wrestling Camps or for additional camp information, please visit our camp website at www.NavySports.com or www.NavyWrestlingCamps.com