



LUTTE NEW BRUNSWICK WRESTLING

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High Performance Athletes were the Focus of Autumn Camp

Fredericton – October 27, 2015

This past weekend Lutte New Brunswick Wrestling (LNBW) hosted the Autumn High Performance Training Camp in Fredericton, New Brunswick. The camp drew 24 athletes and 5 Coaches from 3 of LNBW's affiliated clubs for three days of training. The event was exclusive to the Province's Senior and Junior Athletes, and Cadet and Juvenile Athletes who medaled at the 2015 Canadian Championships.

The camp was led by Bryce Hasseman; a former American National Team member, with numerous domestic and international credentials. Hasseman is currently serving as the Head Assistant Coach at the University of North Carolina, with past coaching experience at Oklahoma State and University of Buffalo, and athletic experience training at Iowa State and the United States Olympic Training Center.

The camp was focused on assisting athletes build toward, or transition, to the Train to Win stage of the Long-term Athlete Development Model. Hasseman provided instruction on advance level techniques, and shared his experience and knowledge on various performance related topics with the participants.

Cj Thoms, LNBW's Athletes Representative, spoke about the importance of the camp for New Brunswick's wrestling community:

"It was great to have a high level clinician such as Bryce Hasseman to come to our region. Having someone of his caliber share his experience is vital to growing the sport (of wrestling) in New Brunswick. It was great to see athletes from the different regions of the province train and learn under the LNBW banner. The organization is headed in the right direction."

LNBW would like to thank Bryce Hasseman, and everyone who made the Autumn High Performance Training Camp a success.

For more information please contact:

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