

Wrestling Camp 2002 Q&A On Strength and Conditioning

By Matt Brzycki



The Princeton University Wrestling Camp - directed by Head Coach Michael New - was held from July 8 - 11, 2002. This was the second year for the camp and, based upon the number of campers in atten-

dance, it was deemed a success. On the Tuesday evening of camp week, I had the opportunity to speak to the campers about strength and conditioning for wrestling. A question-and-answer session made for some great discussions. What follows is a

sampling of questions that the wrestlers asked about strength and conditioning along with my responses. (In crafting this into the format of an article, I have taken the liberty of including a bit more information than I gave the campers.)