



SUMMER TECHNIQUE CAMP TENTATIVE SCHEDULE

June 29th-July 1st

Equipment:

Wrestling Shoes, Running Shoes, Head Gear, Knee Pads, Mouth guard, Several sets of workout gear (shorts, t-shirts, etc.), Personal water bottle.

First Day, June 29th

11:00 a.m. – 12:30 p.m. Final Registration / **Weigh-in**

1:15 Camp Meeting**- *Dressed to workout, wear running shoes, carry wrestling shoes*

1:30-3:30 Instructional Session

4:30 **Dinner** (First camper meal)

7:00-9:00 Instructional Session / Live Wrestling (field house)

10:30 In Dorm (on your floor)

11:00 Lights out

Full Day June 30th

6:30 a.m. Optional Run / Conditioning workout

7:00 **Breakfast**

9:00-11:00 Instructional Session (Field house)

11:30 **Lunch**

1:30-3:30 p.m. Instructional Session / Live Wrestling (Field house)

4:30 **Dinner**

7:00-9:00 Instructional Session / Live Wrestling (Rec Session/Games, Field house, Clark Gym, Wrestling room)

10:30 In Dorm (on your floor)

11:00 Lights outs

Last Day, July 1st

7:00 a.m. **Breakfast**

9:00-11:00 Instruction / Live Wrestling (Field house)

12:00 p.m. Check out, return room key, Depart