

**2024 High Country Wrestling Camps
Prospect Camp - June 28-June 30
Tentative Schedule**

Friday, June 28th

2-3:30pm	Check-in (Varsity gym)
3:30-5pm	Campus Tour for campers and parents
5-6pm	Dinner
7-9:30pm	Session 1 (Technique Session)

Saturday, June 29th

7-9am	Breakfast
9-11:30 am	Session 2 (Technique & Drilling Session)
11:30am-2pm	Lunch
2-3pm	Mindset and mental training (Dr. Cooper)
4-6:30pm	Dinner
6:30-8:30	Session 3 (Drilling & Live Session)

Sunday, June 30th

7-9am	Breakfast
9-11am	Session 4 (Technique Session)
11am-1pm	Lunch Break
1-2:30pm	Drilling & Live Wrestling (Parents invited to watch)
2:30-2:45pm	Closing Remarks