

**2024 High Country Wrestling Camps
Youth Camp - June 17-21
Tentative Schedule**

Monday, June 17th

8-9am	Camp Registration in Varsity Gym
9-10am	Introductions and Divide campers up by experience into groups
10-10:30am	Games
10:30-10:45am	Break (Water & Snacks)
10:45am-11:45am	Technique Session
11:45am-12pm	Game
12-1pm	Lunch
1-2pm	Technique Session
2-2:15pm	Break (Water)
2:15-2:40pm	Game
2:45-3:15pm	Youth Camper pickup at Varsity Gym

Tuesday, June 18th

8:30-9am	Camper Drop-off Varsity Gym
9-10am	Technique Session
10-10:15am	Break (Water & Snacks)
10:15-10:45am	Games
10:45am-11:45am	Technique Session
11:45am-1pm	Lunch
1:00-2:00pm	Technique & Takedown tournament
2-2:15pm	Break (water)

2:15-2:40pm Games
2:45-3:15pm Youth Camper pickup at Varsity Gym

Wednesday, June 19th

8:30-9am Camper Drop-off Varsity Gym
9-10am Warmup & Technique Session
10-10:15am Break (water)
10:15-10:45am Games
10:45-11:45am Technique Session
11:45am-12pm Bathroom break
12-1pm Lunch
1-2pm Warmup & Matches
2-2:15pm Break (water)
2:15-2:40pm Games
2:45-3:15pm Youth Camper Pickup at Varsity Gym

Thursday, June 20th

8:30-9am Camper Drop-off at Varsity Gym
9-10am Warm-up & Drilling Session
10-10:15am Break (water)
10:15-10:45am Games
10:45-11:45am Film study (Southern Conference Championships)
11:45-12pm Break
12-1pm Lunch
1-2pm Technique Session

2-2:15pm	Break
2:15-2:40pm	Games
2:45-3:15pm	Youth Camper Pickup at Varsity Gym

Friday, June 21st

8:30-9am	Camper Drop-off
9-10am	Warmup & Technique Session
10-10:15am	Break
10:15-10:45am	Games
10:45-11:45am	Camper takedown tournament
11:45-12pm	Break
12-1pm	Lunch
1-1:45pm	Technique Session
1:45-2pm	Break
2-2:30pm	Games
2:30-2:45pm	Closing Remarks & Awards
2:45-3:15pm	Youth Camper pickup at Varsity Gym