

**AppState Wrestling  
Intensive Camp 2023 - July 7-13  
Tentative Schedule**

**Friday, July 7<sup>th</sup>**

- 1-4pm Registration (Varsity Gym)
- 4:30-6pm Dinner
- 6:30-9:30pm Session 1: Introductions, Technique & Drilling
- 11:15pm LIGHTS OUT! (Room checks by ASU wrestling staff)

**Saturday, July 8<sup>th</sup>**

- 6am Wakeup
- 6:15am Morning Conditioning
- 7-9am Breakfast
- 9:30-11:30am Morning Technique Session (Mat Wrestling)
- 11:30-1pm Lunch
- 2-3:30pm Drilling & Live Wrestling
- 4:30-6pm Dinner
- 7-9pm Technique & Drilling Session
- 11:15pm LIGHTS OUT! (Room checks by ASU wrestling staff)

**Sunday, July 9<sup>th</sup>**

- 6am Wake Up
- 6:15am Morning Conditioning
- 7-9am Breakfast
- 9:30-11:30am Morning Technique Session (Handfighting & creating angles to attacks)
- 11:30-1pm Lunch

2-4pm Warmup & Wrestle matches  
4:30-6pm Dinner  
7-9:30pm Drilling Session  
11:30pm LIGHTS OUT!! (Room checks by ASU Wrestling Staff)

### **Monday, July 10<sup>th</sup>**

6am Wake Up  
6:15am Howards Knob Run (with ASU counselors)  
7-9am Breakfast  
9:30-11:30am Technique Session (Counter offense & Defense)  
11:30-1:30pm Lunch  
2:30-3:30pm Swimming at UREC  
4:30-6pm Dinner  
7-9:45pm Technique & Live Wrestling (Top & Bottom)  
11:30pm LIGHTS OUT! (Room checks by ASU Wrestling Staff)

### **Tuesday, July 11<sup>th</sup>**

6:30am Wake Up  
7-9am Breakfast  
9-9:10am Roll Call  
9:10-10:00am Morning Drill  
10:30-10:45 Team Setups (Roll Call) – 1<sup>st</sup> Competition Mat  
10:45-11:45 1<sup>st</sup> Team Match

11:30-1:30pm Lunch

1:30-2:55 Technique Session (Scoring attacks from feet)

2:55-3:55pm 2<sup>nd</sup> Team Match

4:30-6pm Dinner

6:30-8:05pm Top & Bottom technique

8:05-9:05pm 3<sup>rd</sup> Team Match

9:05-10:05pm 4<sup>th</sup> Team Match

11:30pm LIGHTS OUT! (Room checks by ASU Wrestling Staff)

### **Wednesday, July 12<sup>th</sup>**

6am Wake up

6:15am Morning Conditioning

7-9am Breakfast

9-10:35am Technique Session (Bottom position)

10:35-11:35 5<sup>th</sup> Team Match

11:30-1:30pm Lunch

1:30-3:05pm Drilling & Sparring Session (learning proper way to Spar)

3:05-4:05pm 6<sup>th</sup> Team Match

4:30-6pm Dinner

6:30-7:55 Technique Session (Problem areas, weaknesses exposed during camp)

7:55-8:55pm 7<sup>th</sup> Team Match

8:55-9:55pm 8<sup>th</sup> Team Match

11:30pm LIGHTS OUT!! (Rooms checks by ASU wrestling staff)

## **Thursday, July 13<sup>th</sup>**

6:30am Wake-up

7-9am Breakfast & Checkout of Dorm Rooms. (ASU Wrestling Staff will walk through room with campers to make sure trash is taken out and no damages.)

9:30-9:45am Tournament Check-In

9:50-10:15am Warmup and Drilling with ASU Wrestlers

10:15am Individual Tournament (Runs until conclusion)