

AppState Wrestling Team Camp 2023 July 10-13 (Tentative Schedule)

Monday, July 10th

12-4pm	Registration – Varsity Gym Balcony Dorm Check-in (Teams & Individuals will check in their dorm rooms after registering in Varsity Gym.)
4:30-6pm	Dinner served in Cafeteria
6pm	Staff meeting in ASU Wrestling Room
6:30-7pm	Introduction-Divide into groups
7-7:20pm	Warm up drills- ASU Wrestlers
7:20-8:30pm	1 st Instructional Session
8:30-8:40pm	10 minute break, rotate to next teaching area
8:40-9:55pm	2 nd Instructional Session
10:15pm	Coaches Meeting in IG Greer Auditorium
11:30pm	LIGHTS OUT! (All coaches check wrestlers at LIGHTS OUT) (Individual wrestlers checked by ASU Wrestlers)

Tuesday, July 11th

7-9am	Breakfast
8:30am	Coaches meeting (ASU Wrestling Room)
9-9:20am	Warm up Drills – ASU Wrestlers
9:20-10:30am	3 rd Instructional Session
10:30-10:45am	Team Setups (roll call) – 1 st Competition Mat
10:45-11:45am	1 st Team Match
11:30-1:30pm	Lunch
1:30-1:35pm	Roll Call – 1 st Competition mat
1:35-1:55pm	Warm up – ASU Wrestlers
1:55-2:55pm	4 th Instructional Session (three 20 minute review sessions)
2:55-3:55pm	2 nd Team Match
4:00-5:15pm	College practice (open for viewing by coaches and wrestlers)
4:30-6pm	Dinner
6:30-6:35	Roll Call – 1 st competition mat
6:35-6:55pm	Warm up drills – ASU Wrestlers
6:55-8:05pm	5 th Instructional Session
8:05-9:05pm	3 rd Team Match
9:05-10:05pm	4 th Team Match
11:30pm	LIGHTS OUT! (All coaches check wrestlers at LIGHTS OUT. (Individual wrestlers checked by ASU Wrestlers)

Wednesday, July 12th

7-9am	Breakfast
9:00-9:05am	Roll Call – 1 st competition mat
9:05-9:25am	Warm up drills – ASU Wrestlers
9:25-10:35am	6 th Instructional Session
10:35-11:35am	5 th Team Match
11-1:30pm	Lunch
1:30-1:35pm	Roll Call- 1 st competition mat
1:35-1:55pm	Warm up drills – ASU Wrestlers
1:55-3:05pm	7 th Instructional Session
3:05-4:05pm	6 th Team Match
4:00-5:15pm	College practice (open for viewing by coaches and wrestlers)
4:30-6:30pm	Dinner
6:30-6:35pm	Roll Call- 1 st competition mat
6:35-6:55pm	Warm up drills – ASU Wrestlers
6:55-7:55pm	8 th Instructional Session (three 20 minute review sessions)
7:55-8:55pm	7 th Team Match
8:55-9:55pm	8 th Team Match
10:15pm	Coaches Meeting in (IG Greer Hall)
11:30pm	LIGHTS OUT! (All coaches check wrestlers at LIGHTS OUT. (Individual wrestlers checked by ASU Wrestlers)

Thursday, July 13th

7-9am	CHECK OUT of Dorm *It is the responsibility of the Coach to check each room and to note any damages (broken windows, blinds down, window screen missing, etc). The school will be billed for any damages and lost keys. NO BREAKFAST at CAFETERIA (However you can pay cash for breakfast and eat in the cafeteria)
9:30-9:45am	Tournament Check-in (Mat Assignments for tournament) Team Awards
9:50-10:15am	Warmup & Drilling Session (ASU Wrestlers)
10:15am	Individual Tournament (Runs until conclusion)