

**2023 AppState Wrestling
Prospect Camp - June 30-July 2
Tentative Schedule**

Friday, June 30th

1-3pm	Check-in (Varsity gym)
3-4:30pm	Campus Tour for campers and parents
4:30-6pm	Dinner
7-9:30pm	Session 1 (Technique Session)

Saturday, July 1st

7-9am	Breakfast
9-11:30 am	Session 2 (Technique & Drilling Session)
11:30am-2pm	Lunch
2-4pm	Nutrition & Strength Training Session
4-6:30pm	Dinner
6:30-8:30	Session 3 (Drilling & Live Session)

Sunday, July 2nd

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