

**2023 ASU Wrestling  
Youth Camp - June 19-23  
Tentative Schedule**

**Monday, June 19th**

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 20th**

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 21st**

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 22nd**

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 23rd**

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