

Daily Camp Schedule

The daily schedule for Pop's athletics camps varies on check in and check out days. On check in day the afternoon session will be the first session and on check out day the morning session is the final session. Last year we had some lower numbers for the intensive camp and ended up running it out of our wrestling room and plan to do the same thing if numbers stay low. As we get closer to the date we can give you a more accurate idea of where each session plans to be held.

Intensive & Team at Carmichael 7/10-7/14

7/10

5:00- 6:00 pm Check in at university towers, 111 Friendly Drive Raleigh NC 27607 (intensive)

6:00 PM-8:00 PM-Instruction & live Wrestling (Intensive)

10:00 PM-Bed Checks and Lights out at 10:30 PM (intensive)

7/11

6:00 am-7:00 am Run/Workout (intensive)

7:30 am- 8:30 am – Breakfast (intensive)

9:45 am- 11:30 am- Drill/instruction (intensive)

11:00 AM-2:00 PM-Check in at university towers, 111 Friendly Drive Raleigh NC 27607 (team)

2:40 PM-5:00 PM-Introduction of staff, camp rules, Technique session (both)

5:15 PM-6:30 PM- Dinner for overnight campers (both)

6:45 PM-9:00 PM-Dual meets (Both)

10:00 PM-Bed Checks and Lights out at 10:30 PM

7/12 and 7/13

6:00 am-7:00 am Run/Workout (intensive)

7:00 AM - 9:00 AM-Breakfast for Overnight campers (both)

9:30 AM - 11:00 AM-Technique Session (both)

11:30 PM – 1:00 PM-Lunch all campers (both)

1:30 PM - 3:30 PM-Dual meets (both)

5:00 PM - 6:00 PM-Dinner for overnight campers (both)

6:30 PM - 8:30 PM-Dual meets (both)

10:00 PM-Bed Checks and Lights out at 10:30 PM

7/14

7:00 AM - 8:30 AM-Breakfast for Overnight campers (both)

9:00 AM - 11:00 AM-Individual tournament (both)

11:30 AM-Check out of the dorms (both)

Youth at WB 7/12-7/14

8:30-9:00

Check in at the Wrestling room in the Weisiger Brown Athletic Building

9:00am - 10:15am

Warmup, Skill drills, and Technique Session

10:15 am-10:30 am

Break

10:30 am-11:15 am

Technique session

11:30 am-11:45 am

Live wrestling

11:45 am – 12:30 pm

Lunch all campers-Please bring a lunch or parents can take campers out

12:30 pm - 1:15 pm

Technique session, sports science discussions

1:15 am-1:30 am

Break

1:30 pm – 2:00 pm

Technique Review, Live wrestling, cool down, motivational talk