

The 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 Camp 7/08-7/12

7/08

- 4:00PM - 6:00PM: Check in
- 6:00 PM-8:00 PM-Instruction & live Wrestling
- 10:00 PM-Bed Checks and Lights out at 10:30 PM

7/09

- 6:00 am-7:00 am Run/Workout
- 7:30 am- 8:30 am – Breakfast
- 9:45 am- 11:30 am- Drill/instruction
- 2:40 PM-5:00 PM-Introduction of staff, camp rules, Technique session
- 5:15 PM-6:30 PM- Dinner for overnight campers
- 6:45 PM-9:00 PM-Instruction & Live Wrestling
- 10:00 PM-Bed Checks and Lights out at 10:30 PM

7/10 and 7/11

- 6:00 am-7:00 am Run/Workout
- 7:30 AM - 8:30 AM-Breakfast for Overnight campers
- 9:45 AM - 11:30 AM-Technique Session
- 11:30 PM – 12:30 PM-Lunch all campers
- 2:40 PM - 5:00 PM-Dual meets
- 5:15 PM - 6:30 PM-Dinner for overnight campers
- 6:45 PM - 9:00 PM-Instruction & Live Wrestling
- 10:00 PM-Bed Checks and Lights out at 10:30 PM
-

7/12

- 7:00 AM - 8:30 AM-Breakfast for Overnight campers (both)
- 9:00 AM - 11:00 AM-Individual takedown tournament (both)
- 11:30 AM-Check out of the dorms (both)