

The Daily Camp Schedule

The Schedule for the Youth camp is the same each day. Following check-in parents are more than welcome to stay however, there is no free parking at Weisiger Brown Athletic Building so you will need to park in our pay lot to avoid getting a ticket. Kids can stay in our room for lunch (not provided) or you can pick them up and take them to eat.

Youth Camp 7/010-7/12

- 8:30-9:00am: Check in at the Wrestling room in the Weisiger Brown Athletic Building
- 9:00- 10:15am: Warmup, Skill drills, and Technique Session
- 10:15-10:30 am: Break
- 10:30-11:15 am: Technique session
- 11:30-11:45 am: Live wrestling
- 11:45 – 12:30 pm: Lunch all campers-Please bring a lunch or parents can take campers out
- 12:30 - 1:15 pm: Technique session, sports science discussions
- 1:15-1:30 pm: Break
- 1:30 – 2:00 pm: Technique Review, Live wrestling, cool down, motivational talk