**Youth Camp Schedule**

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