

# Michigan Wrestling Summer Camp

## Advanced Folkstyle | Heavyweight

**June 22 - 25, 2025 at UM Indoor Training Center**

### Tentative Daily Schedule

#### **Sunday 22nd**

12:00 - 1:00pm	Check in @ Indoor Training Center
1:15 - 1:30pm	Camp Orientation
<b>1:30 - 3:00pm</b>	<b>Session 1</b>
3:00pm	<i>*Rest and refuel under the supervision of parent/guardian</i>
<b>5:30 pm - 7:30pm</b>	<b>Session 2 &amp; Matches</b>

#### **Monday 23rd**

8:30am	Doors open
<b>9:00 - 11:00am</b>	<b>Session 3</b>
11:00am	<i>*Rest and refuel under the supervision of parent/guardian</i>
<b>1:30 - 3:00pm</b>	<b>Session 4</b>
3:00pm	<i>*Rest and refuel under the supervision of parent/guardian</i>
<b>5:30 - 7:30pm</b>	<b>Session 5 &amp; Matches</b>

#### **Tuesday 24th**

8:30am	Doors open
<b>9:00 - 11:00am</b>	<b>Session 6</b>
11:00am	<i>*Rest and refuel under the supervision of parent/guardian</i>
<b>1:30 - 3:00 pm</b>	<b>Session 7</b>
3:00pm	<i>*Rest and refuel under the supervision of parent/guardian</i>
<b>5:30 - 7:30pm</b>	<b>Session 8 &amp; Matches</b>

#### **Wednesday 25th**

8:30am	Doors open
<b>9:00 - 11:00 am</b>	<b>Session 9</b>
11:00 am	Closeout Camp / Photos

**These 4-day camps are commuter style. Between sessions, the rest and refueling will be on your own and under the supervision of your parent or guardian. Meals are not provided. Water will be provided every session.**

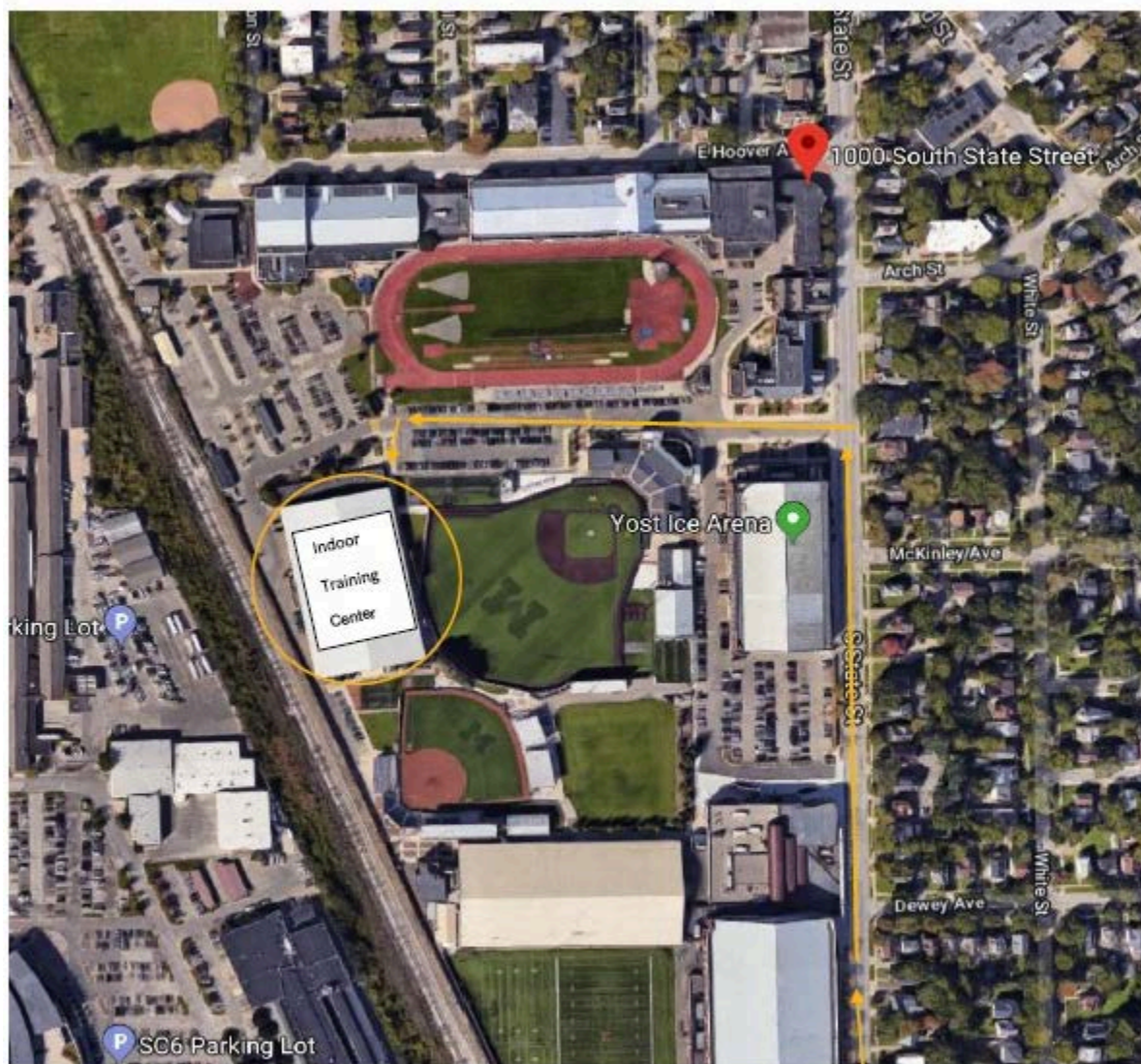
# Indoor Training Center

1150 S. State Street, Ann Arbor, MI

This will be the location of the Heavyweight and Advanced Training Camps

- Newly renovated in December of 2017
- Serves as a home for indoor practices for a variety of Michigan intercollegiate programs and recreational activities
- Featuring a state-of-the-art FieldTurf surface, the enclosed practice and playing area provides year-round, full-field training and development opportunities

**Directions:** Off State Street, Enter the Athletic campus at the north end of Yost Arena. Drive west through the parking lot, past the baseball stadium on your left to the Indoor Training Center. It will be on your left.



From I-94 / Bahna Wrestling Center