



## TECHNIQUE CAMP & HEAVYWEIGHT CAMP

### TENTATIVE DAILY SCHEDULE

#### SUNDAY

10:00 am – 11:30 am Check in @ Indoor Training Center – 1150 South State St/Behind Baseball  
Choose areas of concentration, Weigh –in  
Dormitory Check-in  
Proceed to South Quad dorm for room check-in – 600 E. Madison St.  
Resident Campers must be in South Quad lobby by 1:30pm to meet camp staff.

**\*\*Lunch is on your own on Sunday.**

2:00-4:00pm Technique Session #1  
4:30 -6:00 pm Dinner Hours  
6:30 pm Technique Session #2  
7:30-8:00 pm Scrimmage  
In dormitory immediately following session/4<sup>th</sup> Meal available to all campers

#### MONDAY

7:00 am – 8:00 am Breakfast Hours  
9:00-11:00 am Technique Session #3  
11:30 am – 1:00 pm Lunch Hours  
1:30 -3:00 pm Technique Session #4  
4:30 pm – 6:00 pm Dinner Hours  
6:30 pm Technique Session #5  
7:30 pm 1<sup>st</sup> Round Wrestling Tournament  
In dormitory immediately following session/4<sup>th</sup> Meal available to all campers

#### TUESDAY

7:00 am – 8:00 am Breakfast Hours  
9:00-11:00 am Technique Session #6  
11:30 am – 1:00 pm Lunch Hours  
1:30-3:00 pm Technique Session #7  
4:30 pm – 6:00 pm Dinner hours  
6:30 pm Technique Session #8  
7:30 pm 2<sup>nd</sup> Round Wrestling Tournament  
In dormitory immediately following session/4<sup>th</sup> Meal available to all campers

#### WEDNESDAY

7:00 am – 8:00 am Breakfast Hours  
9:00-10:45 am Technique Session #9  
11:00 am Final Round Wrestling Tournament  
1:00 pm – 2:00 pm Check out at South Quad Dorm – 600 E. Madison St.

**Please Note: Parents may attend the Final Round Wrestling Tournament, but ALL CAMPERS will be required to be escorted back to the dorm by Coaching staff. Parents can pick up campers/check out campers at South Quad dorm. We appreciate your help on this matter to ensure the safety and security of all campers.**