



WOMEN'S WRESTLING CAMP

TENTATIVE DAILY SCHEDULE

SUNDAY

10:00 am – 11:30 am Check in @ Indoor Training Center – 1150 South State St/Behind Baseball
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/4th 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 Tournament details TBD
In dormitory immediately following session/4th 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 Tournament Details TBD
In dormitory immediately following session/ 4th 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.