

Michigan Wrestling Summer Camp

Elite Freestyle Training Camp

June 21 - 24, 2026 at Bahna Wrestling Center

Tentative Daily Schedule

Sunday 21st

12:00 - 1:00pm

Check in @ Indoor Training Center

1:15 – 1:30pm

Camp Orientation @ Bahna Wrestling Center

1:30 - 3:00pm

Session 1

3:00pm

**Rest and refuel under the supervision of parent/guardian*

5:30 pm - 7:30pm

Session 2

Monday 22nd

8:30am

Doors open

9:00 - 11:00am

Session 3

11:00am

**Rest and refuel under the supervision of parent/guardian*

1:30 - 3:00pm

Session 4

3:00pm

**Rest and refuel under the supervision of parent/guardian*

5:30 - 7:00pm

Session 5

Tuesday 23rd

8:30am

Doors open

9:00 - 11:00am

Session 6

11:00am

**Rest and refuel under the supervision of parent/guardian*

1:30 - 3:00 pm

Session 7

3:00pm

**Rest and refuel under the supervision of parent/guardian*

5:30 - 7:00 pm

Session 8

Wednesday 24th

8:30am

Doors open

9:00 - 11:00 am

Session 9

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.

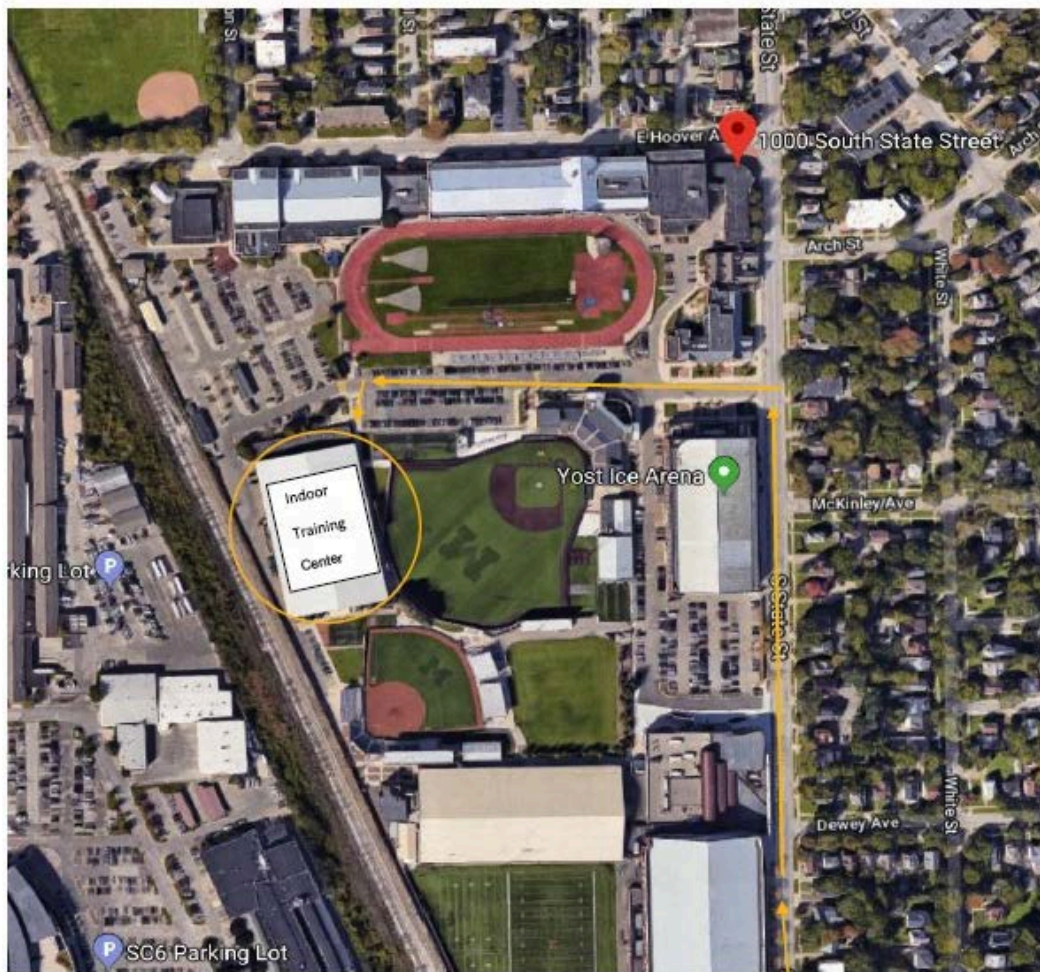
Indoor Training Center (Where camp check in is)

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

Bahna Wrestling Center (Where camp is held)

2350 South State Street Ann Arbor, Mi.

This will be the location of the Lil Wolverine, Attack & Score, Leg Riding, Elite Freestyle, and Womens Camps

- Opened in January 2009, the 18,000-square-foot Bahna Wrestling Center houses comprehensive training and support facilities for the Michigan Wrestling program and the Cliff Keen Wrestling Club & USA Wrestling Regional Training Center
- Three 50x50 Resilite mats combines for 7,500 square feet of mat space
- Michigan's locker room features custom-made maple lockers, wall showers, bathroom facilities and an adjoining nutritional bar
- Bleacher seating is available for spectators, while cardio equipment occupies the east and west walls overlooking the mats

