



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
Choose areas of concentration, Weigh –in
Dormitory Check-in **for Resident Campers** (Room Assignments)
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

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 1st Round Wrestling Tournament
In dormitory immediately following session

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

Check out of South Quad dorm at the end of Session #7