ROB KOLL’S C BRAND WRESTLING CAMPS 2018

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**2018 Wrestling Intensive Camp Schedule-Brockport**

**Sunday, July 8th**

12:30 to 2:30 p.m. Camper Check-in SERC Center

2:45 p.m. Meet in Workout Gear between Harmon Hall and Gordon Hall (Courtyard)

3:00 to 5:00 p.m. Camper Orientation and First Session

5:30 to 6:15 p.m. Dinner

7:00 to 9:00 p.m. Evening Session

9:00 p.m. **Commuter Pick-up at SERC (Special Events Rec Center)**

9:00 to 10:00 p.m. Free-time

10:00 p.m. Dorm Curfew (10:45 p.m. room/bed-checks; 11:00 p.m. lights out)

**Monday and Tuesday July 9thth – 10th**

6:00 a.m. Morning Run

7:00 a.m. Wake up

7:30 a.m. Breakfast

8:45 a.m. **Commuter Drop-off at SERC**

9:00 to 11:00 a.m. Morning Session – Shower before lunch

12:00 to 1:00 p.m. Lunch

2:00 to 4:00 p.m. Afternoon Session

4:00 p.m. **Commuter Pick-up at SERC**

4:45 to 5:45 p.m. Dinner

7:00 to 9:00 p.m. Evening Session

9:00 to 10:00 p.m. Evening Recreation and Free-time

10:00 p.m. Dorm Curfew (10:45 p.m. room/bed-checks; 11:00 p.m. lights out)

**Wednesday, July 11th**

7:00 a.m. Wake up

7:30 a.m. Breakfast

8:45 a.m. **Commuter Drop-off at SERC**

9:00 to 11:00 a.m. Morning Session – Shower before lunch

12:00 to 1:00 p.m. Lunch

2:00 to 4:00 p.m. Afternoon Session

4:00 p.m. **Commuter and Resident Pick-up at residence hall**

**\*Assemble for Mandatory Attendance/Departure :20 prior to each session.**

Campers should bring the following wrestling equipment: shoes, kneepads and headgear, plenty of practice clothing and running shoes. Resident campers will need a pillow, bedding, one fan, toiletries, swimsuit, alarm clock, towels and other personal items.