

Cavalier Wrestling Camps - Team Camp Schedule – July 25-28, 2018

Day 1 – Wednesday, July 25:

2:00 - 3:15pm: **Resident Campers:** Check-in at Lambeth Dorms
3:00 – 3:15pm: **Commuter Campers:** Check-in at Lambeth Dorms
3:20pm: Orientation: **SG** hand out & discuss schedule, go over camp rules @ Lambeth Dorms
3:45 - 4:00pm: Skin Checks @ Cage/Onesty Hall
4:00 – 5:00pm: **Session 1: SG** – Garland grind ride
5:00 – 5:30pm: Motivational Speech: **SG** “The Virginia Way” (hand out work sheets for team time)
5:30pm: **Commuters Pickup at Cage/Onesty Hall (near Blue Field Hockey Field)**
5:30 – 6:15pm: Dinner @ JPJ Dining
6:15 - 6:30pm: **Team workshop 1 Councilors** review Virginia Way work sheets @ Cage/Onesty Hall
6:30 – 8:00pm: **Session 2: TP1** Escapes and reversals + Live wrestling
10:00pm: Lights Out

Day 2 – Thursday, July 26:

7:45 – 8:15am: Pick up Breakfast @ Lambeth Commons
8:30am: Counselors walk campers to morning session
8:45am: **Commuter Drop off at Cage/Onesty Hall (near Blue Field Hockey Field)**
8:45 – 9:00am: Skin Checks & announcements w/SG @ Onesty Hall/Cage
9:00 - 10:30am: **Session 3: TP2** Set up’s and chain wrestling
10:30 - 10:45am: Motivational Speech: **TP2** “Understanding your WHY”
12:00 – 12:45pm: Pick up Lunch @ Lambeth Commons (Commuters hang out at Lambeth Commons)
2:00 – 4:00pm: **Session 4: TP1** Duals 1 & 2
3:30 – 4:00pm: Instruction w/ personal coach: individual time w/ counselor to work on action items
3:45 - 4:15pm: Camp Store Open at Cage
4:00pm: **Commuter Pickup at Cage/Onesty Hall (near Blue Field Hockey Field)**
5:00 – 5:45pm: Dinner @ JPJ Dining
6:00 - 6:30pm: **Team workshop 2 Councilors** @ JPJ Go over worksheets
6:30 - 7:15pm: **Session 5 SM** Instruction w/ personal coach: cover action items @ Cage/Onesty Hall
7:15 – 8:00pm: Whiffle Ball: **SM** @ Lambeth Field
10:00pm: Lights Out

Day 3 – Friday, July 27:

7:45 – 8:15am: Pick up Breakfast @ Lambeth Commons
8:45am: **Commuter Drop off at Cage/Onesty Hall (near Blue Field Hockey Field)**
8:45 – 9:00am: Skin Checks & announcements w/SG @ Cage/Onesty Hall
9:00 - 10:30am: **Session 6: SG** Snap angled attack and cradle series
10:30 - 10:45am: Motivational Speech: **SG** “6 Pillars of the program”
12:00 – 12:45pm: Pick up Lunch @ Lambeth Commons (Commuters hang out at Lambeth Commons)
2:00 – 4:00pm: **Session 7: TP2** Duals 3 & 4
3:45 - 4:15pm: Camp Store Open at Cage
4:00pm: **Commuter Pickup at Cage/Onesty Hall (near Blue Field Hockey Field)**
5:00 – 5:45pm: Dinner @ JPJ Dining
6:00 – 6:30pm: **Team workshop 3 Councilors** @ JPJ Go over worksheets
6:30 – 7:15pm: **Session 8 SM** Instruction w/ personal coach: cover action items @ Cage/Onesty Hall
7:15 – 8:00pm: Whiffle Ball: **SM** @ Lambeth Field
10:00pm: Lights Out

Day 4 – Saturday, July 28:

7:00 – 7:30am: Pick up Breakfast @ Lambeth Commons
7:45am: **Commuter Drop off at Cage/Onesty Hall (near Blue Field Hockey Field)**
7:45 – 8:00am: Skin checks
8:00 – 9:30am: **Session 9: All Staff** All Star Dual Meet
9:45 – 10:00am: **Team workshop 4** Spotlight Drill: campers express what they like about someone on their team
10:00am: **Commuter Pickup at Cage/Onesty Hall (near Blue Field Hockey Field)**
10:30 – 11:00am: Checkout @ Lambeth Dorms

Thanks for choosing Cavalier Wrestling Camps! See you next year...