**CAMPER SCHEDULE / TRAINING CAMP / 2019**

**\* All meals served at Hillcrest dormitory. *Breakfast:* 6:45-8:30AM *Lunch:* 11:00am-1:00pm *Dinner:* 4:30pm-6:30pm**

**NOTE: All wrestling sessions and technique are in the Field House**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Saturday** | **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **July 6** | **July 7** | **July 8** | **July 9** | **July 10** | **July 11** | **July 12** | **July 13** |
| 12:00-2:00pm RegistrationWeigh-ins for group placement. 3:30-4:45pmKinks out Workout7:30-9:15pmGroup Organization &Wrestling Session(Field House)(Group Leaders + Assistants) 10:00pm Snack11:00pm Lights out | 6:30am Wake up6:45am Run(Head/Assistants)10:00-11:30am Technique #1(Field House)2:45-3:35pm Technique #2(Field House) 3:35-4:30pm Wrestle-Combat(Field House)4:30- HWC Workout(Optional, Watch)Motivation7:00-8:30pm CWS11:00pm Lights out | 6:30am Wake up6:45am Run10:00-11:30am Technique #3(Field House)2:45-3:35pm Technique #4(Field House) 3:35-4:30pm Wrestle-Combat(Field House)4:30- HWC Workout(Observe, Optional)Strength/Motivation 7:00-8:30pm CWS11:00pm Lights out | 6:30am Wake up6:45am Run10:00-11:30am Technique #5/Combat(Field House)2:00-2:45**Group 1-2 lift**2:45-3:25pm**Group 3-4 lift**3:30-4:10pm **Group 5-6 lift** 4:15-4:55pm **Group 7-8 lift**8:00-9:00pm CWS9:00-9:30pmHead Coaches Nutrition Talk10:00pm Snack11:00pm Lights out | 6:30am Wake up6:45am Run(Head/Assistants)10:00-11:30am Technique #1(Field House)2:45-3:35pm Technique #2(Field House) 3:35-4:30pm Wrestle-Combat(Field House)4:30- HWC Workout(Optional, Watch)Motivation7:00-8:30pm CWS11:00pm Lights out | 6:30am Wake Up6:45am Run/Recover 10:00-11:30amTechnique #62:45-3:35pmTechnique #7(Field House)3:35-4:25pmCombat4:30pm – HWC Workout(Observe, Optional)7:00-9:00pmCWS(Field House)11:00pm Lights out | 6:45am RunLight jog & Stretch 10:00am –11:30amCombat2:45-3:45Technique #83:45-4:25Small Group Tech4:30p – HWC Workout(Observe, Optional)7:00pm-8:00pmRed Flag Ready(Games, Etc.)11:00pm Lights out | 6:45am Wake-up7:00am Red Flag Ready Meet, Walk, Eat, etc.8:30am Breakfast1:30pm Red Flag Practice3pm  Check out  |