**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**

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| **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 Registration  Weigh-ins for group placement.  3:30-4:45pm  Kinks out Workout  7:30-9:15pm  Group Organization &  Wrestling Session  (Field House)  (Group Leaders + Assistants)  10:00pm Snack  11:00pm Lights out | 6:30am Wake up  6:45am 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)  Motivation  7:00-8:30pm CWS  11:00pm Lights out | 6:30am Wake up  6:45am Run  10:00-11:30am 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 CWS  11:00pm Lights out | 6:30am Wake up  6:45am Run  10:00-11:30am 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 CWS  9:00-9:30pm  Head Coaches Nutrition Talk  10:00pm Snack  11:00pm Lights out | 6:30am Wake up  6:45am 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)  Motivation  7:00-8:30pm CWS  11:00pm Lights out | 6:30am Wake Up  6:45am Run/Recover  10:00-11:30am  Technique #6  2:45-3:35pm  Technique #7  (Field House)  3:35-4:25pm  Combat  4:30pm – HWC Workout  (Observe, Optional)  7:00-9:00pm  CWS  (Field House)  11:00pm Lights out | 6:45am Run  Light jog & Stretch  10:00am –11:30am  Combat  2:45-3:45  Technique #8  3:45-4:25  Small Group Tech  4:30p – HWC Workout  (Observe, Optional)  7:00pm-8:00pm  Red Flag Ready  (Games, Etc.)  11:00pm Lights out | 6:45am Wake-up  7:00am Red Flag  Ready Meet,  Walk, Eat, etc.  8:30am Breakfast  1:30pm  Red Flag Practice  3pm  Check out |