

Cavalier Wrestling Camps - Elite Camp – June 24-29

UVA Wrestling Counselors: Chance McClure, Sam Martino, Justin McCoy, Robby Patrick

Day 1 – Monday, June 24:

2:00 - 3:00pm: **Resident Campers:** Check-in @ Lambeth Dorms
3:00 - 3:15pm: **Commuter Campers:** Check-in @ Lambeth Dorms
3:30 - 3:45pm: Orientation: **SG** @ Wrestling Room (Memorial Gym)
3:50 - 4:00pm: Skin Checks @ Wrestling room
4:00 – 5:30pm: Session 1: **TP2** Game, Turkey Circuit, & stretch @ Wrestling Room
5:30pm: **Commuters Pickup at Mem Gym**
5:30 – 6:30pm: Dinner @ JPJ Dining
7:00 - 8:30pm: Session 2: **SG** Mindset talk “The Three P’s” + post speech game
10:00pm: Lights Out

Day 2 – Tuesday, June 25:

7:45 – 8:15am: Pick up Breakfast @ Lambeth Commons
8:45am: **Commuter Drop off at Mem Gym**
8:45 – 9:00am: Skin Checks & announcements w/**TP2** @ Wrestling Room (Mem Gym)
9:00 - 11:00am: Session 3: **TP2** Baseline drills & Lift #1 @ wrestling room/weight room
12:00 – 12:45pm: Pick up Lunch @ Lambeth Commons
1:30 – 2:00pm: Film Breakdown swim hi-c & elbow lifts: **TP2** @ Wrestling Room
2:00 – 4:00pm: Session 4: **TP2** Control ties to score, transitional wrestling + live @ Wrestling Room in Mem Gym
3:45-4:15pm: Camp Store Open
4:00pm: **Commuter Pickup at Mem Gym**
5:30 – 6:30pm: Dinner @ JPJ Dining
7:00 – 8:00pm: Session 5: **Jack Mueller** Leg Riding & turns on top + games on the mat @ Mem Gym
10:00pm: Lights Out

Day 3 – Wednesday, June 26:

7:45 – 8:15am: Pick up Breakfast @ Lambeth Commons
8:45am: **Commuter Drop off at Mem Gym**
8:45 – 9:00am: Skin Checks & announcements w/**TP1** @ Wrestling room (Mem Gym)
9:00 - 11:00am: Session 6: **TP1** Parterre offense, defense, + spar @ Wrestling Room
12:00 – 12:45pm: Pick up Lunch @ Lambeth Commons
2:00 – 4:00pm: Session 7: **SG Angle/attack re shots** + live @ Wrestling Room
3:45-4:15pm: Camp Store Open
4:00pm: **Commuter Pickup at Mem Gym**
5:30 – 6:30pm: Dinner @ JPJ Dining
7:00 - 8:00pm: Session 8: **SG** Mindset Training + Wiffleball @ Softball field by law school
10:00pm: Lights Out

Day 4 – Thursday, June 27:

7:45 – 8:15am: Pick up Breakfast @ Lambeth Commons
8:45am: **Commuter Drop off at Mem Gym**
8:45 – 9:00am: Skin Checks & announcements w/**SG**
9:00 - 11:00am: Session 9: **TP2** Base line drills & Lift #2 @ Wrestling room/Weight room
12:00 – 12:45pm: Pick up Lunch @ Lambeth Commons
2:00 – 4:00pm: Session 10: **TP1** Swim workout and hot tub @ Aquatic Center
3:45-4:15pm: Camp Store Open
4:00pm: **Commuter Pickup at Mem Gym**
5:30 – 6:30pm: Dinner @ JPJ Dining
7:00 – 8:30pm: Session 11: **Jay Aiello:** Sand Volleyball Tournament @ Sand Courts by Mem Gym
10:00pm: Lights Out

Day 5 – Friday, June 28:

7:45 – 8:15am: Pick up Breakfast @ Lambeth Commons
8:45am: **Commuter Drop off at Mem Gym**
8:45 – 9:00am: Skin Checks & announcements w/**SG** @ Wrestling Room
9:00 - 11:00am: Session 12: **SG** Counter Offense, FHL to cradle, & U-hook offense @ Wrestling Room
12:00 – 12:45pm: Pick up Lunch @ Lambeth Commons
1:30 – 2:00pm: Film breakdown: **TP1** @ Wrestling Room
2:00 – 4:00pm: Session 13: **TP1** Inside trip, step out - throw-bye, Gadson, & live wrestling room
3:45-4:15pm: Camp Store Open
4:00pm: **Commuter Pickup at Mem Gym**
5:30 – 6:30pm: Dinner @ Lambeth Dorms **Note: JPJ Dining is not available tonight.
7:00 – 8:00pm: Session 14: **Elite Counselors** Elite Wrestling Breakdown - Watch World Cup Finals @ Conference room
10:00pm: Lights Out

Day 6 – Saturday, June 29:

7:00 – 7:30am: Pick up Breakfast @ Lambeth Commons
7:45am: **Commuter Drop off at Mem Gym**
8:00 – 9:45am: Session 18: **All Coaches** Cavalier Challenge meet @ wrestling room
9:45am: **Commuter Pickup at Mem Gym**
10:00 – 10:30am: Checkout @ Lambeth Dorms



Thanks for choosing Cavalier Wrestling Camps! See you next year

