

Cavalier Wrestling Camps – Technique Camp – June 23-26

UVA Wrestling Counselors:

Tyler Love
Sam Book

Victor Marcelli
Justin McCoy

Gray Hart
Cam Coy

Brian Courtney

Day 1 – Sunday, June 23:

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** @ Memorial Gymnasium
3:50 - 4:00pm: Skin Checks @ Memorial Gymnasium
4:00 - 5:00pm: Session 1: **SG** Garland Grind Ride – breakdowns & leg in turns @ Memorial Gymnasium
5:00pm: **Commuters Pickup** at Memorial Gymnasium
5:30 - 6:30pm: Dinner @ JPJ Dining
7:00 - 8:30pm: Session 2: **SG** Mindset talk “The Three P’s” + post speech game @ Memorial Gymnasium
10:00pm: Lights Out

Day 2 – Monday, June 24:

7:45 - 8:15am: Pick up Breakfast @ Lambeth Commons
8:45am: **Commuter Drop off** Memorial Gymnasium
8:45 - 9:00am: Skin Checks & announcements w/**SG**
9:00 - 11:00am: Session 3: **SG** Garland Grind continued – mat returns & tilts
12:00 - 12:45pm: Pick up Lunch @ Lambeth Commons
Commuters hang out at Lambeth Commons
2:00 - 4:00pm: Session 4: **EH** Leg attack finishes – Double roll corner to shuffle hang clean, hi-c chase the foot to outside elbow deep, single leg high now + live
3:45-4:15pm: Camp Store Open
4:00pm: **Commuter Pickup** at Memorial Gymnasium
5:30 - 6:30pm: Dinner @ JPJ Dining
7:00 - 8:30pm: Session 5: **Jack Mueller** Leg Riding & turns + games on the mat @ Memorial Gymnasium
10:00pm: Lights Out

Day 3 – Tuesday, June 25:

7:45 - 8:15am: Pick up Breakfast @ Lambeth Commons
8:45am: **Commuter Drop off** at Memorial Gymnasium
8:45 - 9:00am: Skin Checks & announcements w/ **SG** @ Memorial Gymnasium
9:00 - 11:00am: Session 6: **SG** Underhook offense @ Memorial Gymnasium
12:00 - 12:45pm: Pick up Lunch @ Lambeth Commons
Commuters hang out at Lambeth Commons
2:00 - 4:00pm: Session 7: **TP1** elbow lift to leg attacks & fake snap scores + live @ Memorial Gymnasium
3:45-4:15pm: Camp Store Open at Memorial Gymnasium
4:00pm: **Commuter Pickup** at Memorial Gymnasium
5:30 - 6:30pm: Dinner @ JPJ Dining
7:00 - 8:00pm: Session 8: **Earl Hall** all counter attacks and defense and end with a game @ Memorial Gym
10:00pm: Lights Out

Day 4 – Wednesday, June 26:

7:00 - 7:30am: Pick up Breakfast @ Lambeth Commons
7:45am: **Commuter Drop off** at Memorial Gymnasium
8:00 - 10:00am: Session 9: **SG, TP1, EH** - Takedown tournament @ Memorial Gymnasium
9:45am: **Commuter Pickup** at Memorial Gymnasium
10:30 - 11:00am: Checkout @ Lambeth Dorms

Thanks for choosing Cavalier Wrestling Camps! See you next year

