

# Cavalier Wrestling Camps - Team Camp Schedule – June 26-29, 2018

## Day 1 – Wednesday, June 26:

2:00 - 3:00pm: **Resident Campers:** Check-in at Lambeth Dorms  
3:00 - 3:10pm: **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 @ Memorial Gym  
4:00 - 5:00pm: **Session 1: TP1** – Escapes and reversals  
5:00 - 5:15pm: Motivational Speech: **SG** “The Virginia Way” (hand out work sheets for team time)  
**5:15pm:** **Commuters Pickup at Memorial Gym**  
5:30 - 6:15pm: Dinner @ JPJ Dining  
6:15 - 6:30pm: **Team workshop 1 Counselors** review Virginia Way work sheets @ JPJ  
6:30 - 8:00pm: **Session 2: SG Safe Leg ride and live wrestling**  
10:00pm: Lights Out

## Day 2 – Thursday, June 27:

7:45 - 8:15am: Pick up Breakfast @ Lambeth Commons  
8:30am: Counselors walk campers to morning session  
**8:45am:** **Commuter Drop off at Memorial Gymnasium**  
8:45 - 9:00am: Skin Checks & announcements w/SG @ Mem Gym  
9:00 - 10:30am: **Session 3: Mueller** Set up’s and chain wrestling  
10:30 - 10:45am: Motivational Speech: **SG** “Understanding your WHY”  
12:00 - 12:45pm: Pick up Lunch @ Lambeth Commons (Commuters hang out at Lambeth Commons)  
2:00 - 4:00pm: **Session 4: SG** 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  
**4:00pm:** **Commuter Pickup at Mem Gym**  
5:00 - 5:45pm: Dinner @ JPJ Dining  
6:00 - 6:30pm: **Team workshop 2 Trevor and Counselors** @ JPJ Go over worksheets  
6:30 - 7:15pm: **Session 5 Trevor** Instruction w/ personal coach: cover action items  
7:15 - 8:00pm: Whiffle Ball: **Trevor** @ Lambeth Field  
10:00pm: Lights Out

## Day 3 – Friday, June 28:

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 @ Mem Gym  
9:00 - 10:30am: **Session 6: SG** Snap angled attack and cradle series  
\*\*This session will be combined w/ Elite group. Everyone upstairs together in main gym  
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  
**4:00pm:** **Commuter Pickup at Mem Gym**  
5:00 - 5:45pm: **Dinner @ Lambeth Commons** \*\*No JPJ Dining Tonight!  
6:00 - 6:30pm: **Team workshop 3 Counselors** @ Mem Gym Go over worksheets  
6:30 - 7:15pm: **Session 8 SG** Instruction w/ personal coach: cover action items  
7:15 - 8:00pm: Volleyball tournament: **SG** @ Mem Gym outdoor Volleyball courts  
10:00pm: Lights Out

## Day 4 – Saturday, June 29:

7:15 - 8:00am: Pick up Breakfast @ Lambeth Commons  
**7:45am:** **Commuter Drop off at Memorial Gymnasium**  
7:45 - 8:00am: Skin checks @ Mem Gym  
8:00 - 9:15am: **Session 9: All Staff** All Star Dual Meet  
9:15 - 9:30am: **Team workshop 4** Spotlight Drill: campers express what they like about someone on their team  
**9:30am:** **Commuter Pickup at Mem Gym**  
10:00 - 10:30am: Checkout @ Lambeth Dorms