

Girls Wrestling Camp Schedule of Events

July 7th-July9th

Thursday, July 7th

10:00am-11am	Drop off & Room assignments
11-11:45pm	Lunch
12:30-3:00pm	1st wrestling session
3:30-4:30pm	Free time\Showers
4:30-5:30pm	Dinner
6:00-7:30pm	2nd wrestling session
8:00-9:00pm	Showers
9:00-10:00pm	Activity
11pm	Lights out

Friday, July 8th

6:00am	Wake up
6:30-7:15	Morning Run
7:30-8:30am	Breakfast
9:15-11:30am	3rd wrestling session
12-12:45pm	Lunch
1:30-3:30pm	4th wrestling session
4:00-5:00pm	Free time\Showers
5:00-6:00pm	Dinner
6:30-7:30pm	Guest Speaker
7:30-11:00pm	Awards/Group activities
11:00pm	Lights out

Saturday, July 9th

6:00am	Wake up
6:30-7:15am	Morning Lawn Activities
7:30-8:30am	Breakfast
9:15-11:30am	5th wrestling session SILENT/NO TALK-drill session
12-12:45	Lunch
1:30-3:00pm	6th wrestling session
3:30-4:00pm	Pack up and Parent Pick-up at 4pm