

2019
MIDDLE SCHOOL TRAINING CAMP SCHEDULE

WEDNESDAY

11:00AM-1:00PM	CHECK-IN
2:00PM-4:15PM	INTRODUCTION, SKIN CHECKS, TECHNIQUE
4:30PM-5:45PM	DINNER
6:30PM-8:30PM	WRESTLING SESSION

THURSDAY

7:30AM-8:30AM	BREAKFAST
9:00AM-10:00AM	CONDITIONING
10:00AM-11:30AM	TECHNIQUE SESSION
12:00PM-1:00PM	LUNCH
2:00PM-4:00PM	WRESTLING SESSION
4:30PM-5:30PM	DINNER
6:00PM-7:30PM	WRESTLING SESSION
7:45PM-9:00PM	WATCH HIGH SCHOOL WRESTLING MATCHES

FRIDAY

7:30AM-8:30AM	BREAKFAST
9:00AM-10:00AM	SPEECH
10:00AM-11:30AM	TECHNIQUE SESSION
12:00PM-1:00PM	LUNCH
2:00PM-4:00PM	WRESTLING SESSION
4:30PM-5:30PM	DINNER
6:30PM-8:00PM	WRESTLING SESSION
8:15PM	WATCH HIGH SCHOOL FINALS MATCHES

SATURDAY

7:30AM-8:30AM	BREAKFAST
9:00AM-11:00AM	WRESTLING SESSION
11:30AM	CHECK-OUT

MIDDLE SCHOOL CAMP WILL BE RUN BY:

ETHAN AGUIGUI
KYLE NORSTREM
RYAN MORE

(THESE 3 WILL BE AT ALL SESSIONS plus GUEST TECHNIQUE CLINICIANS)

TRAINING CAMP (TECHNIQUE, WRESTLING, CONDITIONING/CROSS TRAINING)