



2019
SKILLS & DRILLS TRAINING CAMP
SCHEDULE

SUNDAY JULY 21ST

2:00PM-3:00PM	CHECK-IN
4:15PM-6:00PM	TECHNIQUE
6:00PM	DINNER (D2)
7:30PM-9:00PM	WRESTLING SESSION

MONDAY-TUESDAY

7:30AM-8:30AM	BREAKFAST
9:00AM-10:45AM	TECHNIQUE SESSION
11:30AM	LUNCH
1:00PM-2:00PM	OPEN SWIM
2:15PM-4:00PM	TECHNIQUE SESSION
4:45PM	DINNER
6:30PM-8:00PM	TECHNIQUE SESSION

WEDNESDAY JULY 24TH

8:00AM-9:00AM	BREAKFAST
9:30AM-11:00AM	TECHNIQUE SESSION
11:00AM-12:00PM	CHECK-OUT