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## **2019 Wrestling Competition/Technique Camp Schedule**

### **June 28 – July 1, 2019**

#### **Friday**

12:30 to 1:30 p.m.	Camper Check-in at <b>Robert Purcell Community Center (RPCC)</b>
1:50 p.m.	Meet in Workout Gear (wrestling shoes/water bottle in hand)
2:00 p.m.	Camper Orientation in Residence Hall Courtyard
2:30 p.m.	Depart for Session*
3:00 to 5:00 p.m.	Afternoon Session
5:30 to 6:15 p.m.	Dinner
7:00 to 9:00 p.m.	Evening Session
9:00 p.m.	<b>Commuter Pick-up at Barton Hall</b>
9:00 to 10:00 p.m.	Free-time
10:00 p.m.	Dorm Curfew (10:45 p.m. room/bed-checks; 11:00 p.m. lights out)

#### **Saturday to Sunday**

7:00 a.m.	Wake up
7:30 a.m.	Breakfast
8:45 a.m.	<b>Commuter Drop-off at Barton Hall</b>
9:00 to 11:00 a.m.	Morning Session – Shower before lunch
12:00 to 1:00 p.m.	Lunch
2:00 to 4:00 p.m.	Afternoon Session
4:00 p.m.	<b>Commuter Pick-up at Barton Hall</b>
4:45 to 5:45 p.m.	Dinner
7:00 to 9:00 p.m.	Evening Recreation
9:00 to 10:00 p.m.	Free-time
10:00 p.m.	Dorm Curfew (10:45 p.m. room/bed-checks; 11:00 p.m. lights out)

#### **Monday**

7:00 a.m.	Wake up
7:30 a.m.	Breakfast
8:45 a.m.	<b>Commuter Drop-off at Barton Hall</b>
9:00 to 11:00 a.m.	Review and Takedown Tournament (Family/Friends Welcome)
11:00 a.m.	<b>Commuter Pick-up at Barton Hall</b>
11:15 a.m.	<b>Resident Pick-up at Residence Hall</b>

**\*Assemble for Mandatory Attendance/Departure 1/2 hour prior to each session.**

Campers should bring the following wrestling equipment: shoes, kneepads and headgear, plenty of practice clothing and running shoes. Resident campers will need a pillow, bedding, one fan, toiletries, swimsuit, alarm clock, towels and other personal items. **Be sure to bring a water bottle and sunscreen!**

**Please note, schedule subject to change**