

# Top & Bottom Camp Schedule

## Friday

6:30 – 7:00 pm	Check-In
7:00 – 9:00 pm	Session 1 <ul style="list-style-type: none"><li>• (Rules &amp; Introductions, Live Wrestling)</li></ul>
10:00 pm	Pizza (Optional)
10:30 pm	Lights Out

## Saturday

8:00 am	Wake Up
8:15 am	Breakfast
9:15 – 11:15 am	Session 2 <ul style="list-style-type: none"><li>• (Technique &amp; Intense Drilling)</li></ul>
12:00 pm (noon)	Lunch
2:00 – 4:00 pm	Session 3 <ul style="list-style-type: none"><li>• (Technique, Intense Drilling, &amp; Live Wrestling)</li></ul>
5:00 pm	Dinner
6:30 – 8:30 pm	Session 4 <ul style="list-style-type: none"><li>• (Technique &amp; Live Wrestling)</li></ul>
10:00 pm	Pizza (Optional)
10:30 pm	Lights Out

## Sunday

8:00 am	Wake Up
8:15 am	Breakfast
9:15 – 10:30 am	Session 5 <ul style="list-style-type: none"><li>• (Technique &amp; Intense Drilling)</li></ul>

