

Top & Bottom Camp Schedule

Friday

6:30 – 7:00 pm	Check-In
7:00 – 8:30 pm	Session 1 <ul style="list-style-type: none">• (Rules & Introductions, Live Wrestling)
10:00 pm	Pizza (Optional)
10:30 pm	Lights Out

Saturday

8:00 am	Wake Up
8:15 am	Morning Run (Summer), Breakfast
9:15 – 11:00 am	Session 2 <ul style="list-style-type: none">• (Technique & Intense Drilling)
12:00 pm (noon)	Lunch
2:00 – 4:00 pm	Session 3 <ul style="list-style-type: none">• (Technique, Intense Drilling, & Live Wrestling)
4:30 pm	Dinner
6:30 – 8:30 pm	Session 4 <ul style="list-style-type: none">• (Technique & Live Wrestling)
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">• (Technique & Intense Drilling)

