

Youth Camp Schedule

Friday

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|----------------|---|
| 1:30 – 2:00 pm | Check-In |
| 2:00 – 4:00 pm | Session 1 <ul style="list-style-type: none">• (Rules & Introductions, Live Wrestling) |
| 4:30 pm | Dinner |
| 6:30 – 8:30 pm | Session 2 <ul style="list-style-type: none">• (Technique, Intense Drilling, & Live Wrestling) |
| 10:00 pm | Pizza (Optional) |
| 10:30 pm | Lights Out |

Saturday

| | |
|-----------------|---|
| 7:30 am | Wake-Up |
| 8:00 am | Daily Run |
| 8:15 am | Breakfast |
| 9:15 – 11:00 am | Session 3 <ul style="list-style-type: none">• (Technique, Intense Drilling, & Live Wrestling) |
| 12:00 pm (noon) | Lunch |
| 2:00 – 4:00 pm | Session 4 <ul style="list-style-type: none">• (Technique, Intense Drilling, & Live Wrestling) |
| 4:30 pm | Dinner |
| 6:30 – 8:30 pm | Session 5 <ul style="list-style-type: none">• (Technique, Intense Drilling, & Live Wrestling) |
| 10:00 pm | Pizza (Optional) |
| 10:30 pm | Lights Out |

Sunday

| | |
|-----------------|---|
| 7:30 am | Wake-Up |
| 8:00 am | Daily Run |
| 8:15 am | Breakfast |
| 9:15 – 10:30 am | Session 6 <ul style="list-style-type: none">• (Technique & Hard Drilling) |

