

2017 NAVY WRESTLING CAMPS

Marine Week Competition CAMP Schedule

July 6-9

Thursday - July 6

11:30a-1:00p	Registration at the Stadium
2:00p-2:30p	All wrestlers in Wesley Brown Field House (WBF) for Camp Intro - (Parents welcome)
2:30p-4:30p	Weigh-ins and Camp Facilities Tour (Bring workout gear) & Counselor Session
5:00p-6:00p	Dinner
6:30p-8:30p	Session I - Technique and Round 1
8:45p-9:45p	Recreation time (Pool)
10:30p	In rooms
11:00p	Lights out

Friday – July 7

7:00a	Wake up
7:30a-8:00a	Breakfast
8:30a-10:45a	Session 2 -Technique and Round 2
11:30a-12:15p	Lunch
12:15p-1:00p	Recreation time with counselors
1:30p-3:45p	Session 3 -Technique and Round 3
3:45p-4:45p	Recreation time
5:00p-6:00p	Dinner
6:30p-8:30p	Session 4 - Technique and Round 4
8:45p-9:45p	Recreation time (Pool)
10:30p	In rooms
11:00p	Lights out

Saturday – July 8

7:00a	Wake up
7:30a-8:00a	Breakfast
8:30a-10:45a	Session 5 -Technique and Round 5
11:30a-12:15p	Lunch
12:15p-1:00p	Recreation time with counselors
1:30p-3:45p	Session 6 -Technique and Round 6
3:45p-4:45p	Recreation time
5:00p-6:00p	Dinner
6:30p-8:30p	Session 7 - Technique and Round 7
8:45p-9:45p	Recreation time (Pool)
9:45p-10:30p	Preliminary room inspection
10:30p	In rooms
11:00p	Lights out

Sunday – July 9

6:45a	Wake up
7:00a	Check out of Dorm Rooms
7:30a-8:00a	Breakfast
9:00a-11:00a	Camp Championship WBF
12:00p-1:00p	Shuttle back to Stadium

