

2018 Navy Wrestling Camps
SESSION 1 – FATHER-SON CAMP SCHEDULE
June 16-17

June 16

11:30a-1:00p	Check in at stadium. Leave cars at stadium and bus to Campus
2:00p-2:15p	Camp rules, Introductions, Bring Practice Gear
2:30p-4:00p	Session 1 – Agility Warm-up, Basic skills, stance motion, hand control
4:50p	Formed up on Red Beach
5:30p-5:50p	Dinner in King Hall
6:15p-7:50p	Session 2 - counter offense, snap, spin, short offense, counter when opponent is on leg
8:15p-9:00p	Recreation Time – Pool / Dorm
10:00p	In rooms
10:30p	Lights out

June 17

7:00a	Wake up
7:20a	Formed up on Red Beach
7:30a	Breakfast in King Hall
8:30a-10:00a	Session 3 - bottom position
10:10p-11:20p	CHECK OUT OF ROOMS
11:30a	Lunch in Lejeune Hall (Pizza – Movie)
12:30p-2:00p	Session 4 - round robin tournament Shower in Lejeune. Buses depart back to the stadium

