

2018 NAVY WRESTLING CAMPS

GI JANE CAMP Schedule

July 4-7

Wednesday - July 4

11:30a-1:00p	Registration at the Stadium
2:00p-2:45p	All wrestlers in Wesley Brown Field House (WBF) for Camp Intro - (Parents welcome)
3:00p-4:30p	Camp Facilities Tour & Session 1 (Bring workout gear)
5:00p-6:00p	Dinner
6:30p-8:30p	Session 2 – Live wrestling - WBF
8:45p-9:45p	Recreation time (Pool)
10:30p	In rooms
11:00p	Lights out

Thursday - July 5

6:00a	Wake up
6:10a-7:00a	Morning Run
7:30a-8:00a	Breakfast – King Hall
8:30a-10:30a	Session 3 - Technique
11:30a-12:15p	Lunch –King Hall
12:15p-1:00p	Recreation time with counselors
1:30p-3:30p	Session 4 – Live Wrestling
3:45p-4:45p	Recreation time
5:00p-6:00p	Dinner – King Hall
6:30p-8:30p	Session 5- Overtime Training- Lejeune
8:45p-9:30p	Recreation time (Pool)
10:30p	In rooms
11:00p	Lights out

Friday - July 6

6:00a	Wake up
6:10a-7:00a	Morning Run
7:30a-8:00a	Breakfast – King Hall
8:30a-10:30a	Session 6 - Technique
11:30a-12:15p	Lunch – King Hall
12:15p-1:00p	Recreation time with counselors
1:30p-3:30p	Session 7 – Live Wrestling
3:45p-4:45p	Recreation time
5:00p-6:00p	Dinner
6:30p-8:30p	Session 8- Overtime Training-Lejeune
8:45p-9:30p	Recreation time (Pool)
9:45p-10:30p	Preliminary room inspection
10:30p	In rooms
11:00p	Lights out

Saturday - July 7

7:00a	Wake up
7:30a-8:00a	Breakfast
8:00a-8:45a	Check out of rooms
9:00a-11:00a	Final Camp Session
11:00p-12:00p	Shuttle back to Stadium

