

2017 NAVY WRESTLING CAMPS

SEAL “ELITE” Session 2 Training Camp

July 1 - 7

July 1

11:30a-1:00p Registration at Stadium
 2:00p-2:20p Camp Introduction in Wesley Brown Field House (WBF)
-Bring Wrestling & Street shoes-
 Parent Attendance is Optional

2:20p-2:50p Campus Tour and Weigh-ins
 3:00p-4:30p Wrestling Session 1 - Technique (WBF)
 5:00p-6:00p Dinner (King Hall)
 6:30p-8:30p Session 2 – Live Wrestling
 8:45p-9:45p Recreation Time – Pool / Dorm
 10:30p In Rooms (Bancroft Hall)
 11:00p Lights Out

July 2

6:00a Wake Up – Muster at Red Beach
 6:10a-7:00a Morning Run
 7:30a-8:00a Breakfast (King Hall)
 8:30a-10:30a Session 3 - Technique (WBF)
 11:30a-12:00p Lunch (King Hall)
 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 - OT Training
 8:45p-9:45p Recreation Time – Pool / Dorm
 10:30p In Rooms (Bancroft Hall)
 11:00p Lights Out

July 3

6:00a Wake Up – Muster at Red Beach
 6:10a-7:00a Morning Run
 7:30a-8:00a Breakfast (King Hall)
 8:30a-10:30a Session 6 - Technique (WBF)
 11:30a-12:00p Lunch (King Hall)
 1:00p-3:00p Session 7 – Live Wrestling
 3:45p-4:45p Recreation Time with Counselors
 5:00p-6:00p Dinner (King Hall)
 6:30p-8:30p Session 8 – OT Training
 8:45p-9:45p Recreation Time – Pool / Dorm
 10:30p In Rooms (Bancroft Hall)
 11:00p Lights Out

July 4

6:00a Wake Up – Muster at Red Beach
 6:10a-7:00a Morning Run
 7:30a-8:00a Breakfast (King Hall)
 8:30a-10:30a Session 9 - Technique (WBF)
 11:30a-12:00p Lunch (King Hall)
 1:30a-3:30p Session 10 – Live Wrestling
 3:45p-4:45p Recreation Time with Counselors
 5:00p-6:00p Dinner (King Hall)
 6:30p Session 11 – OT Training
 8:45p-9:45p Recreation Time – Pool / Dorm
 10:30p In Rooms (Bancroft Hall)
 11:00p Lights Out

July 5

6:00a Wake Up – Muster at Red Beach
 6:10a-7:45a Heaven and Hell Workout
 7:45a-8:45a Shower and Recovery
 8:45a-9:15a Breakfast (Red Beach)
 9:45a-10:50a Session 12 - Technique (WBF)
 11:30a-12:00p Lunch (King Hall)
 1:30p-3:30p Session 13 – Live Wrestling
 3:45p-4:45p Recreation Time with Counselors
 5:00p-6:00p Dinner (King Hall)
 6:30p-8:30p Session 14 – Lloyd Keaser Session
 8:45p-9:45p Recreation Time – Pool / Dorm
 10:30p In Rooms (Bancroft Hall)
 11:00p Lights Out

July 6

7:00a Wake Up – Muster at Red Beach
 7:30a-8:00a Breakfast (King Hall)
 8:30a-10:00a Session 15 – All Squads to WBF
 10:15a 1st Group Depart for O-Course
 11:00a 2nd Group Depart for O-Course
 11:30a 3rd Group Depart for O-Course
 Noon 4th Group Depart for O-Course
 1:00p-1:30p Lunch (Red Beach)
 1:30p-4:30p Recovery
 5:00p-6:00p Dinner (King Hall)
 6:30p-8:30p Session 17 - Technique
 8:45p-9:45p Recreation Time – Pool / Dorm
 9:45p-10:30p **PRELIMINARY ROOM INSPECTION**
 10:30p In Rooms (Bancroft Hall)
 11:00p Lights Out

July 7

6:00a Wake Up – Muster at Red Beach
 6:10a-7:00a Morning Workout
 7:30a-8:00a Breakfast (King Hall)
 8:15a-8:45a Check out of rooms
 8:45a-9:15a Recognition Squads 1-5 (6-10 Rooms Inspected)
 9:15a-9:45a Recognition Squads 6-10 (1-5 Rooms Inspected)
 10:00a-11:15a Session 18 - Final Wrestling & Award Ceremony
 11:30a Dismissed.

