

2018 NAVY WRESTLING CAMPS

SEAL “ELITE” Wrestling Camp - Session 1

June 23 - 29

June 23		June 27	
11:30a-1:00p	Registration at Stadium	6:00a	Wake Up – Muster at Red Beach
2:00p-2:20p	Camp Introduction in Wesley Brown Field House (WBF)	6:10a-7:45a	Heaven and Hell Workout
	-Bring Wrestling & Street shoes-	7:45a-8:45a	Shower and Recovery
	Parent Attendance is Optional	8:45a-9:15a	Breakfast (Red Beach)
2:20p-2:50p	Campus Tour and Weigh-ins	9:45a-10:50a	Session 12 - Technique (WBF)
3:00p-4:30p	Wrestling Session 1 - Technique (WBF)	11:30a-12:00p	Lunch (King Hall)
5:00p-5:30p	Dinner (King Hall)	1:30p-3:30p	Session 13 – Technique (WBF)
6:30p-8:30p	Session 2 – Live Wrestling	3:45p-4:45p	Recreation Time with Counselors
8:45p-9:45p	Recreation Time – Pool / Dorm	5:00p-6:00p	Dinner (King Hall)
10:30p	In Rooms (Bancroft Hall)	6:30p-8:30p	Session 14 – Live
11:00p	Lights Out	8:45p-9:45p	Recreation Time – Pool / Dorm
		10:30p	In Rooms (Bancroft Hall)
		11:00p	Lights Out
June 24		June 28	
6:15a	Wake Up & Muster at Red Beach	6:00a	Wake Up – Muster at Red Beach
6:30a-6:45a	Breakfast at Red Beach	6:10a-7:00a	Morning Run
7:30a – 10:00a	O-Course	7:30a-8:00a	Breakfast (King Hall)
10:00a-11:15a	Session 3 - Technique Session	8:30a-10:30a	Session 15 - Technique (WBF)
11:30a-12:00p	Lunch (King Hall)	11:30a-12:00p	Lunch (King Hall)
1:30p-3:30p	Session 4 – Live Wrestling	1:30a-3:30p	Session 16 – Live Wrestling
3:45p-4:45p	Recreation time with Counselors or Recovery in Dorms	3:45p-4:45p	PRELIMINARY ROOM INSPECTION & Recovery
5:00p-6:00p	Dinner (King Hall)	5:00p-6:00p	Dinner (King Hall)
6:30p- 8:30p	Session 5 – OT Training	6:30p	Session 17 – OT Training
8:45p-9:45p	Recreation Time – Pool/Dorm	8:45p-9:45p	Recreation Time – Pool / Dorm
10:30p	Back to Rooms (Bancroft)	10:30p	In Rooms (Bancroft Hall)
11:00p	Lights Out	11:00p	Lights Out
June 25		June 29	
6:00a	Wake Up – Muster at Red Beach	6:00a	Wake Up – Muster at Red Beach
6:10a-7:00a	Morning Run	6:10a-7:00a	Morning Workout
7:30a-8:00a	Breakfast (King Hall)	7:30a-8:00a	Breakfast (King Hall)
8:30a-10:30a	Session 6 - Technique (WBF)	8:15a-8:45a	Check out of rooms
11:30a-12:00p	Lunch (King Hall)	8:45a-9:15a	Recognition Squads
1:00p-3:00p	Session 7 – Live Wrestling	10:00a-11:15a	Session 18 - Final Wrestling & Award Ceremony
3:45p-4:45p	Recreation Time with Counselors	11:30a	Dismissed.
5:00p-5:30p	Dinner (King Hall)		
6:30p-7:30p	Motivation Talk – Rickover Hall		
7:30p-8:30p	Session 8 – OT Training		
8:45p-9:45p	Recreation Time – Pool / Dorm		
10:30p	In Rooms (Bancroft Hall)		
11:00p	Lights Out		
June 26			
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-2:30p	Sports Psych Talk		
2:30p-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		

***ALL MEALS ARE MANDATORY!**

