

# 2017 NAVY WRESTLING CAMPS

## SEAL “ELITE” Session 1 Training Camp

### June 24 - 30

#### June 24

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

#### June 25

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

#### 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 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

#### June 27

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

#### June 28

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

#### June 29

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 1<sup>st</sup> Group Depart for O-Course  
 11:00a 2<sup>nd</sup> Group Depart for O-Course  
 11:30a 3<sup>rd</sup> Group Depart for O-Course  
 Noon 4<sup>th</sup> 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

#### June 30

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.

