

2018 NAVY WRESTLING CAMPS

SEAL “ELITE” Wrestling Camp - Session 2

June 30 – July 6

June 30		
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-5:30p	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 1		
6:15a	Wake Up & Muster at Red Beach	
6:30a-6:45a	Breakfast at Red Beach	
7:30a – 10:00a	O-Course	
10:00a-11:15a	Session 3 - Technique Session	
11:30a-12:00p	Lunch (King Hall)	
1:30p-3:30p	Session 4 – Live Wrestling	
3:45p-4:45p	Recreation time with Counselors or Recovery in Dorms	
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	Back to Rooms (Bancroft)	
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 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-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	
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 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	
July 4		
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 – Technique (WBF)	
3:45p-4:45p	Recreation Time with Counselors	
5:00p-6:00p	Dinner (King Hall)	
6:30p-8:30p	Session 14 – Live	
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-7:00a	Morning Run	
7:30a-8:00a	Breakfast (King Hall)	
8:30a-10:30a	Session 15 - Technique (WBF)	
11:30a-12:00p	Lunch (King Hall)	
1:30a-3:30p	Session 16 – Live Wrestling	
3:45p-4:45p	PRELIMINARY ROOM INSPECTION & Recovery	
5:00p-6:00p	Dinner (King Hall)	
6:30p	Session 17 – OT Training	
8:45p-9:45p	Recreation Time – Pool / Dorm	
10:30p	In Rooms (Bancroft Hall)	
11:00p	Lights Out	
July 6		
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	
10:00a-11:15a	Session 18 - Final Wrestling & Award Ceremony	
11:30a	Dismissed.	

***ALL MEALS ARE MANDATORY!**

