

# 2018 Navy Wrestling Camps

## SEAL “SCREENER” WRESTLING CAMP – Session 1

### June 18-22

#### **June 18**

11:30a-1:00p	Registration at Stadium
2:00p-2:20p	Camp Introduction & Tour in Wesley Brown Field House (WBF) <b>-Bring Wrestling &amp; Street shoes-</b> <b>**Parent Attendance is Optional**</b>
2:20p-2:50p	Camp Facility Tour
3:00p-4:30p	Session 1 - Technique (WBF)
5:00p-5:30p	Dinner (King Hall)
6:30p-8:30p	Session 2 – Live Wrestling - WBF
8:45p-9:45p	Recreation Time – Lejeune hall Pool
10:30p	In Rooms (Bancroft Hall)
11:00p	Lights Out

#### **June 19**

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 in WBF
3:45p-4:45p	Recreation Time with Counselors or Recovery in dorm
5:00p-5:30p	Dinner (King Hall)
6:30p-8:30p	Session 5 – OT Training in WBF
8:45p-9:45p	Recreation Time – Pool/Dorm
10:30p	Back to Rooms
11:00p	Lights Out

#### **June 20**

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)

1:30p-3:30p	Session 7 – Keaser Talk & Tech
3:45p-4:45p	Recreation Time with Counselors or Recovery in Dorm
5:00p-5:30p	Dinner (King Hall)
6:30p-7:30p	Session 8 - Live Wrestling in WBF
7:30p-8:30p	Session 8 – OT Training in WBF
8:45p-9:45p	Recreation Time – Pool/Dorm
10:30p	Back to Rooms
11:00p	Lights Out

#### **June 21**

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

#### **June 22**

6:00a	Wake up & Muster at Red beach
6:10a-7:00a	Morning Work-Out
7:30a-8:00a	Breakfast (King Hall)
8:15a-9:15a	Recognition All Squads – Sea Wall
9:15a-9:45a	Check out of Rooms
10:00a-11:15a	Session 12 - Final Wrestling: Award Ceremony
11:30a	Dismissed – Shuttle to Stadium

\*ALL MEALS ARE MANDATORY!

