2018 NAVY WRESTLING CAMPS SEAL "ULTRA" 14 DAY Wrestling Camp June 23 – July 6

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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	6:10a-7:45a	Heaven and Hell Workout
оорор	-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 – Lloyd Keaser Session
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)
<u>June 24</u>		11:00p	Lights Out
6:15a	Wake Up & Muster at Red Beach		
6:30a-6:45a	Breakfast at Red Beach	<u>June 28</u>	
7:30a – 10:00a	O-Course	6:00a	Wake Up – Muster at Red Beach
10:00a-11:15a	Session 3 - Technique Session	6:10a-7:00a	Morning Run
11:30a-12:00p	Lunch (King Hall)	7:30a-8:00a	Breakfast (King Hall)
1:30p-3:30p	Session 4 – Live Wrestling	8:30a-10:30a	Session 15 - Technique (WBF)
3:45p-4:45p	Recreation time with Counselors or	11:30a-12:00p	Lunch (King Hall)
	Recovery in Dorms	1:30a-3:30p	Session 16 – Live Wrestling
5:00p-6:00p	Dinner (King Hall)	3:45p-4:45p	Recreation Time with Counselors
6:30p- 8:30p	Session 5 – OT Training	5:00p-6:00p	Dinner (King Hall)
8:45p-9:45p	Recreation Time – Pool/Dorm	6:30p	Session 17 – OT Training
10:30p	Back to Rooms (Bancroft)	8:45p-9:45p	Recreation Time – Pool / Dorm
11:00p	Lights Out	10:30p	In Rooms (Bancroft Hall)
		11:00p	Lights Out
<u>June 25</u>		T 20	
6:00a	Wake Up – Muster at Red Beach	<u>June 29</u> 7:00a	Wake Up – Muster at Red Beach
6:10a-7:00a	Morning Run	7:30a-8:00a	Breakfast (King Hall)
7:30a-8:00a	Breakfast (King Hall)	9:00a-3:00a	Arlington Trip
8:30a-10:30a	Session 6 - Technique (WBF)	1:30p-2:00p	Lunch (EGO ALLEY)
11:30a-12:00p	Lunch (King Hall) Session 7 – Live Wrestling	2:45p-4:05p	Sessioin 18 - Live session
1:00p-3:00p	_	5:00p-5:30p	Dinner
3:45p-4:45p 5:00p-5:30p	Recreation Time with Counselors Dinner (King Hall)	6:30p-8:30p	Session 19 - OT Session
6:30p-7:30p	Motivation Talk – Rickover Hall	8:45p-9:45p	Recreation Time – Pool or Dorm
7:30p-8:30p	Session 8 – OT Training	10:30p	In Rooms
8:45p-9:45p	Recreation Time – Pool / Dorm	11:00p	Lights Out
10:30p	In Rooms (Bancroft Hall)	•	-
11:00p	Lights Out	<u>June 30</u>	
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June 26		6:10a-7:00a	Morning Run
6:00a	Wake Up – Muster at Red Beach	7:30a-8:00a	Breakfast (King Hall)
6:10a-7:00a	Morning Run	8:30a-10:30a	Session 20 - Technique (WBF)
7:30a-8:00a	Breakfast (King Hall)	11:30a-12:00p	Lunch (King Hall)
8:30a-10:30a	Session 9 - Technique (WBF)	1:00p-3:00p	Session 21 – Live Wrestling
11:30a-12:00p	Lunch (King Hall)	3:45p-4:45p	Recreation Time with Counselors
1:30a-2:30p	Sports Psych Talk	5:00p-5:30p	Dinner (King Hall)
2:30p-3:30p	Session 10 – Live Wrestling	6:30p-7:30p	Motivation Talk – Rickover Hall
3:45p-4:45p	Recreation Time with Counselors	7:30p-8:30p	Session 22 – OT Training
5:00p-6:00p	Dinner (King Hall)	8:45p-9:45p	Recreation Time – Pool / Dorm
6:30p	Session 11 – OT Training	10:30p	In Rooms (Bancroft Hall)
8:45p-9:45p	Recreation Time – Pool / Dorm	11:00p	Lights Out
10·20n	In Rooms (Rancroft Hall)		

10:30p

11:00p

In Rooms (Bancroft Hall)

Lights Out

Page 1 of 2 – See other side for rest of schedule

July 1

6:15a Wake Up & Muster at Red Beach

6:30a-6:45a Breakfast at Red Beach

7:30a – 10:00a E-Course

10:00a-11:15a Session 23 - Technique Session

11:30a-12:00p Lunch (King Hall)

1:30p-3:30p Session 24 – 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 25 – 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 26 - Technique (WBF)

11:30a-12:00p Lunch (King Hall)

1:00p-3:00p Session 27 – Live Wrestling

3:45p-4:45p Recreation Time with Counselors

5:00p-6:00p Dinner (King Hall)

6:30p-8:30p Session 28 – OT Training

8:45p-9:45p Recreation Time – Pool / Dorm

10:30p In Rooms (Bancroft Hall)

11:00p Lights Out

<u>July 3</u>

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 29 - Technique (WBF)

11:30a-12:00p Lunch (King Hall)

1:30a-3:30p Session 30 – Live Wrestling 3:45p-4:45p Recreation Time with Counselors

5:00p-6:00p Dinner (King Hall)

6:30p-7:30p Session 31 – OT Training

7:30p-9:00p Fireworks

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 32 - Technique (WBF)

11:30a-12:00p Lunch (King Hall)

1:30p-3:30p Session 33 – Live Wrestling 3:45p-4:45p Recreation Time with Counselors

5:00p-6:00p Dinner (King Hall)

6:30p-8:30p Session 34 – Lloyd Keaser Session 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 35 - Technique (WBF)

11:30a-12:00p Lunch (King Hall)

1:30a-3:30p Session 36 – Live Wrestling

3:45p-4:45p PRELIMARY ROOM INSPETION &

Recovery

5:00p-6:00p Dinner (King Hall)

6:30p Session 37 – OT Training

8:45p-9:45p Recreation Time – Pool / Dorm

10:00p-10:30p Room Inspections

10:30p In Rooms (Bancroft Hall)

11:00p Lights Out

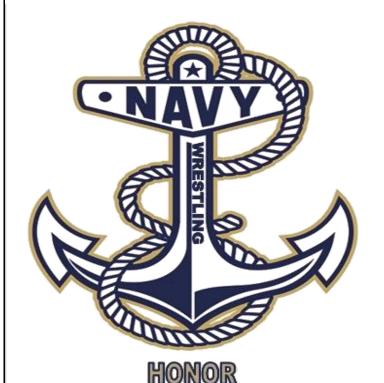
July 6

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-9:45a Recognition of Squads

10:00a-11:15a Session 38 - Final Wrestling & Award Ceremony

11:30a Dismissed.



COURAGE COMMITMENT