

2018 NAVY WRESTLING CAMPS

SEAL “ULTRA” 14 DAY Wrestling Camp

June 23 – July 6

June 23

11:30a-1:00p Registration at Stadium
 2:00p-2:20p Camp Introduction in Wesley Brown Field House
-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

June 24

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

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 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

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

June 27

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 – Lloyd Keaser Session
 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

June 28

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 Recreation Time with Counselors
 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

June 29

7:00a Wake Up – Muster at Red Beach
 7:30a-8:00a Breakfast (King Hall)
 9:00a-1:30p Arlington Trip
 1:30p-2:00p Lunch (EGO ALLEY)
 2:45p-4:05p Session 18 - Live session
 5:00p-5:30p Dinner
 6:30p-8:30p Session 19 - OT Session
 8:45p-9:45p Recreation Time – Pool or Dorm
 10:30p In Rooms
 11:00p Lights Out

June 30

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 20 - Technique (WBF)
 11:30a-12:00p Lunch (King Hall)
 1:00p-3:00p Session 21 – 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 22 – OT Training
 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 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

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 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 PRELIMINARY ROOM INSPECTION &
 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.



**HONOR
 COURAGE
 COMMITMENT**