

# 2018 NAVY WRESTLING CAMPS

## SESSION 3 – TECHNIQUE CAMP SCHEDULE

### (July 4-July 8)

#### July 4

11:30a-1:00p	Registration at the Stadium
2:00p-2:45p	All wrestlers in Wesley Brown Field house for Camp Intro (Parents welcome)
3:00p-4:30p	Session 1 Wesley Brown Field House (WBF)
5:00p-5:30p	Dinner (King Hall)
6:30p-8:30p	Session 2 WBF
8:45p-9:45p	Recreation time - POOL
10:30p	In rooms (Bancroft Hall)
11:00p	Lights out (Bancroft Hall)

#### July 5

7:00a	Wake up
7:30a-8:00a	Breakfast
8:30a-10:30a	Session 3 WBF
11:30a-12:00p	Lunch
12:15p-1:00p	Recreation time with counselors
1:30p-3:30p	Session 4 WBF
3:45p-4:45p	Recreation time
5:00p-5:30p	Dinner
6:30p-8:30p	Session 5 WBF
8:45p-9:45p	Recreation time - POOL
10:30p	In rooms
11:00p	Lights out

#### July 6

7:00a	Wake up
7:30a-8:00a	Breakfast
8:30a-10:30a	Session 6 WBF
11:30a-12:00p	Lunch
12:15p-1:00p	Recreation time with counselors
1:30p-3:30p	Session 7 WBF
3:45p-4:45p	Recreation time
5:00p-5:30p	Dinner
6:30p-8:30p	Session 8 WBF
8:45p-9:45p	Recreation time - POOL
10:30p	In rooms
11:00p	Lights out

#### July 7

7:00a	Wake up
7:30a-8:00a	Breakfast
8:30a-10:30a	Session 9 WBF
11:30a-12:00p	Lunch
12:15p-1:00p	Recreation time with counselors
1:30p-3:30p	Session 10 WBF
3:45p-4:45p	Recreation time
5:00p-5:30p	Dinner
6:30p-8:30p	Session 11 WBF
8:45p-9:45p	Recreation time - POOL
	<b>PRELIMINARY ROOM INSPECTION</b>
10:30p	In rooms
11:00p	Lights out

#### July 8

7:00a	Wake up
7:30a-8:00a	Breakfast
8:00a- 8:30a	Check out of rooms: Bring gear to WBF
9:00a-10:30a	Round Robin tournament WBF Camp concludes



\*ALL MEALS ARE MANDATORY  
OVERNIGHT CAMPER!