



SPORT CAMPS

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WRESTLING TECHNIQUE CAMP I: JUNE 23-26, 2018

Equipment: Wrestling Shoes Running Shoes Head Gear Knee Pads
Several sets of workout gear (socks, t-shirts, athletic supporters)

Dorm Rooms: Bed Linens are provided. **Pillow, Blankets & Towels are NOT provided.**
Small refrigerators and microwaves are in the dorm rooms.
Fans are highly recommended. Rooms are NOT air-conditioned.

PENN STATE WRESTLING CAMP – “TENTATIVE” SCHEDULE

First Day, June 23

10:30 a.m. – 12:30 p.m.	Final Registration/ Weigh-in - Waring Commons
1:15	Camp Meeting** - Rec Hall, Main Gym <i>Dressed to workout, wearing running shoes, carrying wrestling shoes</i>
1:30	Instructional Session
4:30	Dinner (First camper meal)
7:00	Instructional Session / Live Wrestling
10:30	In Dorm (on your floor)
11:00	Lights out!

Full Days (June 24-25)

6:30 a.m.	Optional Run/conditioning workout
7:00	Breakfast
9:00	Instructional Session
11:30	Lunch
1:30 p.m.	Instructional Session//Live Wrestling
4:30	Dinner
7:00	Instructional Session/Live Wrestling
10:30	In Dorm (on your floor)
11:00	Lights outs!

Last Day, June 26

7:00 a.m.	Breakfast
9:00	Instructional Session/Live Wrestling
11:30	Lunch
1:30 p.m. – 3:00 p.m.	Takedown Tournament
3:00	Check out, Turn in key

Please arrange for a specific time and place to pick up your camper.

NOTE **Camp meeting is open to and optional for parent(s)/legal guardian(s). The camp meeting allows for the opportunity to meet the camp director and camp staff members and have questions answered.