



30 MAN TRAINING CAMP SCHEDULE **JUNE 15-20 BLACKSBURG, VA**

Monday, June 15

- | | |
|-------------------|-----------------------------------|
| 12:30-2:00 | Check-In Cassell Coliseum |
| 3:00-5:00 | Wrestling Session |
| 8:00-9:30 | Technique/Drilling Session |

Tues, June 16- Fri, June 19

- | | |
|-------------------|---|
| 9:00-10:00 | Weight Training/Conditioning Session |
| 3:00-5:00 | Wrestling Session |
| 8:00-9:30 | Technique/Drilling Session |

Friday, June 20

- | | |
|-------------------|--------------------------|
| 9:00-11:00 | Wrestling Session |
|-------------------|--------------------------|

***Meal times will be announced**

***All sessions will be conducted at Rector Field house unless otherwise notified**