



INTENSIVE TRAINING CAMP

JUNE 21-26 Dahlonega, GA

Sunday, June 21

1:00-3:00 pm	Check-In Sirmons Hall
3:30-4:15 pm	Run (Meet outside Sirmons Hall)
4:30-5:15 pm	Dinner
6:30-8:00 pm	Wrestling Technique Session

Monday, June 22-Thursday, June 25

6:15-6:45 am	Morning Workout (Meet outside Sirmons Hall)
7:00-7:45 am	Breakfast
9:00-11:00 am	Wrestling Technique Session
11:30-12:15 pm	Lunch
1:30-3:15 pm	Wrestling Session
4:30-5:15 pm	Dinner
7:00-8:15 pm	Technique & Hard Drilling Session
8:30-9:30 pm	Open Swim-Pool

Friday, June 26

9:00-10:30 am	Camp Final Workout-TBA
11:00-1:00 pm	Check-Out Sirmons Hall

- Campers must be lined up outside the dinning hall 5 minutes before each meal starts and enter as a group!