

SKILLS & DRILLS AND TAKEDOWN MACHINE CAMP SCHEDULES*SCHEDULE SUBJECT TO CHANGE**

| | SUN 7-6 | MON 7-7 | TUES 7-8 | WED 7-9 | THURS 7-10 |
|-----------------|------------------|----------------|-----------------|----------------|-------------------|
| 6:00 AM | | | | | |
| 6:30 AM | | | | | |
| 7:00 AM | | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST |
| 7:30 AM | | 7-8am | 7-8am | 7-8am | 7-8am |
| 8:00 AM | | | | | |
| 8:30 AM | | WRESTLING | WRESTLING | WRESTLING | CAMP |
| 9:00 AM | | SESSION | SESSION | SESSION | TOURNAMENT |
| 9:30 AM | | 8:30-10:15 | 8:30-10:15 | 8:30-10:15 | 8:30-10:15 |
| 10:00 AM | | | | | |
| 10:30 AM | | | | | |
| 11:00 AM | | | | | CHECK-OUT |
| 11:30 AM | | LUNCH | LUNCH | LUNCH | SLUSHER HALL |
| 12:00 PM | | 11:30-12:30 | 11:30-12:30 | 11:30-12:30 | 11-1pm |
| 12:30 PM | | | | | |
| 1:00 PM | CHECK-IN | | | | |
| 1:30 PM | 1-3pm | WRESTLING | WRESTLING | WRESTLING | |
| 2:00 PM | | SESSION | SESSION | SESSION | |
| 2:30 PM | | 1:30-3:15 | 1:30-3:15 | 1:30-3:15 | |
| 3:00 PM | | | | | |
| 3:30 PM | | | | | |
| 4:00 PM | INTRODUCTION 4pm | | | | |
| 4:30 PM | DINNER | DINNER | DINNER | DINNER | |
| 5:00 PM | 4:30-5:30 | 4:30-5:30 | 4:30-5:30 | 4:30-5:30 | |
| 5:30 PM | | | | | |
| 6:00 PM | WRESTLING | WRESTLING | WRESTLING | WRESTLING | |
| 6:30 PM | SESSION | SESSION | SESSION | SESSION | |
| 7:00 PM | 6:00-7:30 | 6:00-7:30 | 6:00-7:30 | 6:00-7:30 | |
| 7:30 PM | FITNESS TEST | REC ACTIVITY | REC ACTIVITY | REC ACTIVITY | |
| 8:00 PM | 7:30-8:30 | 7:30-8:30 | 7:30-8:30 | 7:30-8:30 | |
| 8:30 PM | | | | | |
| 9:00 PM | OPEN SWIM | OPEN SWIM | OPEN SWIM | OPEN SWIM | |
| 9:30 PM | 9-10pm | 9-10pm | 9-10pm | 9-10pm | |
| 10:00 PM | | | | | |
| 10:30 PM | BED CHECK | BED CHECK | BED CHECK | BED CHECK | |
| 11:00 PM | LIGHTS OUT | LIGHTS OUT | LIGHTS OUT | LIGHTS OUT | |