



PENN STATE WRESTLING TECHNIQUE CAMP - "TENTATIVE" SCHEDULE

Equipment:

Wrestling Shoes

Running Shoes

Head Gear

Knee Pads

Several sets of workout gear (socks, t-shirts, athletic supporters)

Personal water bottle

First Day, June 30

5:00 p.m. – 6:30 p.m.	Final Registration <ul style="list-style-type: none">Please eat and hydrate before coming to registration
6:45	Meet outside Dorm to walk to Rec Hall <i>Dressed to workout, wear running shoes, carry wrestling shoes</i>
7:00	Instructional Session / Live Wrestling – Rec Hall
10:30	In Dorm (on your floor)
11:00	Lights out!

Full Days (July 1 and July 2)

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, July 3

7:00 a.m.	Breakfast
9:00	Instruction / Takedown Tournament
12:00 p.m.	Check out, return room key, Depart