



PENN STATE WRESTLING TEAM 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 26

10:00 a.m. - 12:00 p.m.	Final Registration / Weigh-in
1:15	Camp Meeting**- Rec Hall (<i>Dressed to wrestle</i>)
1:30	Instructional Session
4:30	Dinner (First camper meal)
6:30	Dual Meets
10:30	In Dorm (on your floor)
11:00	Lights out!

Full Days (June 27-28)

6:30 a.m.	Optional run / Conditioning workout
7:00	Breakfast
9:00	Instructional Session / Dual Meet
11:30	Lunch
1:30 p.m.	Instructional Session / Dual Meet
4:30	Dinner
6:30	Dual Meets
10:30	In Dorm (on your floor)
11:00	Lights outs!

Last Day, June 29

7:00 a.m.	Breakfast
9:00	Dual Meet / Takedown Tournament
12:00 p.m.	Check out, Turn in key