








# NC STATE WRESTLING

# INTENSIVE CAMP

## DAILY SCHEDULE

### CHECK-IN DAY (MONDAY)

-  3:00 PM - 6:00 PM | CAMP CHECK-IN
-  6:30 PM - 6:45 PM | CAMP INTRODUCTION & RULES MEETING
-  6:45 PM - 8:00 PM | INSTRUCTION & LIVE WRESTLING
-  10:00 PM | BED CHECKS
-  10:30 PM | LIGHTS OUT

### TUESDAY

-  6:00 AM - 7:00 AM  
MORNING RUN / WORKOUT
-  7:30 AM - 8:30 AM  
BREAKFAST
-  9:30 AM - 11:15 AM  
TECHNIQUE INSTRUCTION & DRILLING
-  11:30 AM - 12:30 PM  
LUNCH
-  2:00 PM - 3:30 PM  
INSTRUCTION & LIVE WRESTLING
-  5:15 PM - 6:30 PM  
DINNER
-  6:45 PM - 8:45 PM  
INSTRUCTION & LIVE WRESTLING
-  10:00 PM  
BED CHECKS
-  10:30 PM  
LIGHTS OUT




### WEDNESDAY

-  6:00 AM - 7:00 AM  
MORNING RUN / WORKOUT
-  7:30 AM - 8:30 AM  
BREAKFAST
-  9:30 AM - 11:15 AM  
TECHNIQUE INSTRUCTION & DRILLING
-  11:30 AM - 12:30 PM  
LUNCH
-  2:00 PM - 3:30 PM  
INSTRUCTION & LIVE WRESTLING
-  5:15 PM - 6:30 PM  
DINNER
-  6:45 PM - 8:45 PM  
INSTRUCTION & LIVE WRESTLING
-  10:00 PM  
BED CHECKS
-  10:30 PM  
LIGHTS OUT

### THURSDAY

-  6:00 AM - 7:00 AM  
MORNING RUN / WORKOUT
-  7:30 AM - 8:30 AM  
BREAKFAST
-  9:30 AM - 11:15 AM  
TECHNIQUE INSTRUCTION & DRILLING
-  11:30 AM - 12:30 PM  
LUNCH
-  2:00 PM - 3:30 PM  
INSTRUCTION & LIVE WRESTLING
-  5:15 PM - 6:30 PM  
DINNER
-  6:45 PM - 8:45 PM  
INSTRUCTION & LIVE WRESTLING
-  10:00 PM  
BED CHECKS
-  10:30 PM  
LIGHTS OUT

### CHECK-OUT DAY (FRIDAY)

-  7:00 AM - 8:30 AM | BREAKFAST
-  9:00 AM - 11:00 AM | INDIVIDUAL TAKEDOWN TOURNAMENT
-  11:30 AM | CAMP CHECK-OUT



THE FIRST CAMP SESSION TAKES PLACE ON MONDAY EVENING FOLLOWING CHECK-IN. THE FINAL CAMP SESSION TAKES PLACE FRIDAY MORNING BEFORE CHECK-OUT.



**TOUGHNESS. ACCOUNTABILITY. PASSION.**