



NC STATE WRESTLING

YOUTH CAMP

DAILY SCHEDULE

WEDNESDAY • THURSDAY • FRIDAY



8:30 AM – 9:00 AM
CHECK-IN



9:00 AM – 10:15 AM
WARM-UP, SKILL DRILLS & TECHNIQUE SESSION



10:15 AM – 10:30 AM
BREAK



10:30 AM – 11:15 AM
TECHNIQUE SESSION



11:30 AM – 11:45 AM
LIVE WRESTLING



11:45 AM – 12:30 PM
LUNCH

Please bring a lunch or parents may take campers out for lunch.



12:30 PM – 1:15 PM
TECHNIQUE SESSION & SPORTS SCIENCE DISCUSSIONS



1:15 PM – 1:30 PM
BREAK



1:30 PM – 2:00 PM
TECHNIQUE REVIEW, LIVE WRESTLING,
COOL DOWN & MOTIVATIONAL TALK



IMPORTANT:
THE SAME SCHEDULE IS FOLLOWED EACH DAY OF CAMP.



TOUGHNESS. | ACCOUNTABILITY. | PASSION.