



NC STATE WRESTLING

TEAM CAMP

DAILY SCHEDULE



THE FIRST CAMP SESSION TAKES PLACE **TUESDAY AFTERNOON** FOLLOWING CHECK-IN.
THE FINAL CAMP SESSION TAKES PLACE **FRIDAY MORNING** BEFORE CHECK-OUT.



CHECK-IN DAY

TUESDAY

- 10:00 AM - 2:00 PM
CAMP CHECK-IN
- 2:30 PM - 5:00 PM
INTRODUCTION OF STAFF,
CAMP RULES & TECHNIQUE SESSION
- 5:15 PM - 6:30 PM
DINNER
- 6:45 PM - 9:00 PM
DUAL MEETS
- 10:00 PM
BED CHECKS
- 10:30 PM
LIGHTS OUT

WEDNESDAY & THURSDAY

★ DAILY SCHEDULE ★

- 7:00 AM - 9:00 AM
BREAKFAST
- 9:30 AM - 11:00 AM
TECHNIQUE SESSION
- 11:30 AM - 1:00 PM
LUNCH
- 1:30 PM - 3:30 PM
DUAL MEETS
- 5:00 PM - 6:00 PM
DINNER
- 6:30 PM - 8:30 PM
DUAL MEETS
- 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
- 11:15 AM
CAMP CHECK-OUT



TOUGHNESS ★ ACCOUNTABILITY ★ PASSION