Allen University 1st Annual Youth Wrestling Camp

## June 14, 2016

7:30 - 8:30 a.m.           Registration and Breakfast

8:30 - 9:00 a.m.           Introduction to Clinicians & Camp Overview

9:00 - 11:30 a.m.         Wrestling Techniques and Fundamentals

11:30 - 12:00 p.m.       Nutrition Talk

12:00 - 1:00 p.m.          Lunch

1:00 - 3:00 p.m.           Sport Specific Calisthenics

3:00 - 4:30 p.m.           Youth Match-ups (Live Wrestling)

4:30 - 5:00 p.m.           Camp Awards & Dismissal