Allen University 1st Annual Overnight Wrestling Camp

## June 21-22, 2016

June 21, 2016

7:30 - 8:30 a.m.           Registration, Check- In and Breakfast

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

9:00 - 11:30 a.m.         Wrestling Session 1

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.           Wrestling Session 2

5:00 - 6:30 p.m.           Dinner

7:00-8:00 p.m. Compliance Talks (NCAA & NAIA)

8:30-11:00 pm Free Time

12:00-2 a.m. Mid-Night Wrestling (Live Match-ups)

2:15-3 a.m. Wrestlers in Rm & Lights Out

June 22, 2016

8:00 -9:00 a.m. Wake Up & Breakfast

9:30-10:30 a.m. Wrestling Session 3

11:00-12:00 p.m. Motivational Speaker

12:30-1:30 p.m. Lunch

2:00-3:00 p.m. Wrestling Camp Review

3:15-4:30 p.m. Live Wrestling

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

**(OVERNIGHT CAMP ONLY)** Each wrestler should bring the following items with them to camp:

* Towels, Linen/Sleeping Bag, Pillow
* Toiletry Bag (Soap, Shampoo, Toothbrush, etc.)
* Three sets of workout clothes per day
* Wrestling shoes, headgear, and running shoes
* Spending money (snacks, drinks, apparel)