

Schedule

Wednesday June 28th	
10:00 am - 12:30	Check in
1:00 pm	Camp Intro and Welcome
2:00 - 4:00 pm	1st Session
5:00 - 6:00 pm	Supper
6:00 - 8:00 pm	Evening Activity TBA
11:00 pm	Lights out

Thursday June 29th	
7:00 - 8:00 am	Breakfast
8:00 - 9:00 am	Conditioning
10:00 - 12:00	2nd Session
12:00 - 1:00 pm	Lunch
2:00 - 4:00 pm	3rd session
5:00 - 6:00 pm	Supper
6:00 - 8:00 pm	Eventing Activity
11:00 pm	Lights out

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Friday June 30th	
7:00 - 8:00 am	Breakfast
8:00 - 9:00 am	Conditioning
10:00 - 12:00	4th Session
12:00 - 1:00 pm	Lunch
2:00 - 4:00 pm	5th session
5:00 - 6:00 pm	Supper
6:00 - 8:00 pm	Eventing Activity
11:00 pm	Lights out

Saturday July 1st	
7:00 - 8:00 am	Breakfast
8:00 - 9:00 am	Conditioning
10:00 - 12:00	6th Session
12:00 - 1:00 pm	Lunch
1:30 - 2:30 pm	7th session
3:00 pm	Checkout

Details

- wrestling camp for 6th grade - 12th grade
- June 28th - July 1st
- Dakota Wesleyan University Wrestling Room

Cost

Camper \$325 (room and meals included) - Stay in DWU dorms
 Commuter \$225 (lunch included)

Camp Information

Folkstyle and Freestyle
 Technique, live, conditioning
 Focus on the process and growth as a wrestler

Explore a college campus

Live in a dorm

What to Bring

Work out clothes

Running shoes

Wrestling shoes

Headgear

Laundry soap

Toiletries

Towel

Snacks

Spending money

Water Bottle

Sheets Twin XL

Pillow

Blanket

Fan

Lawn Chair

*Dorms are not AC



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