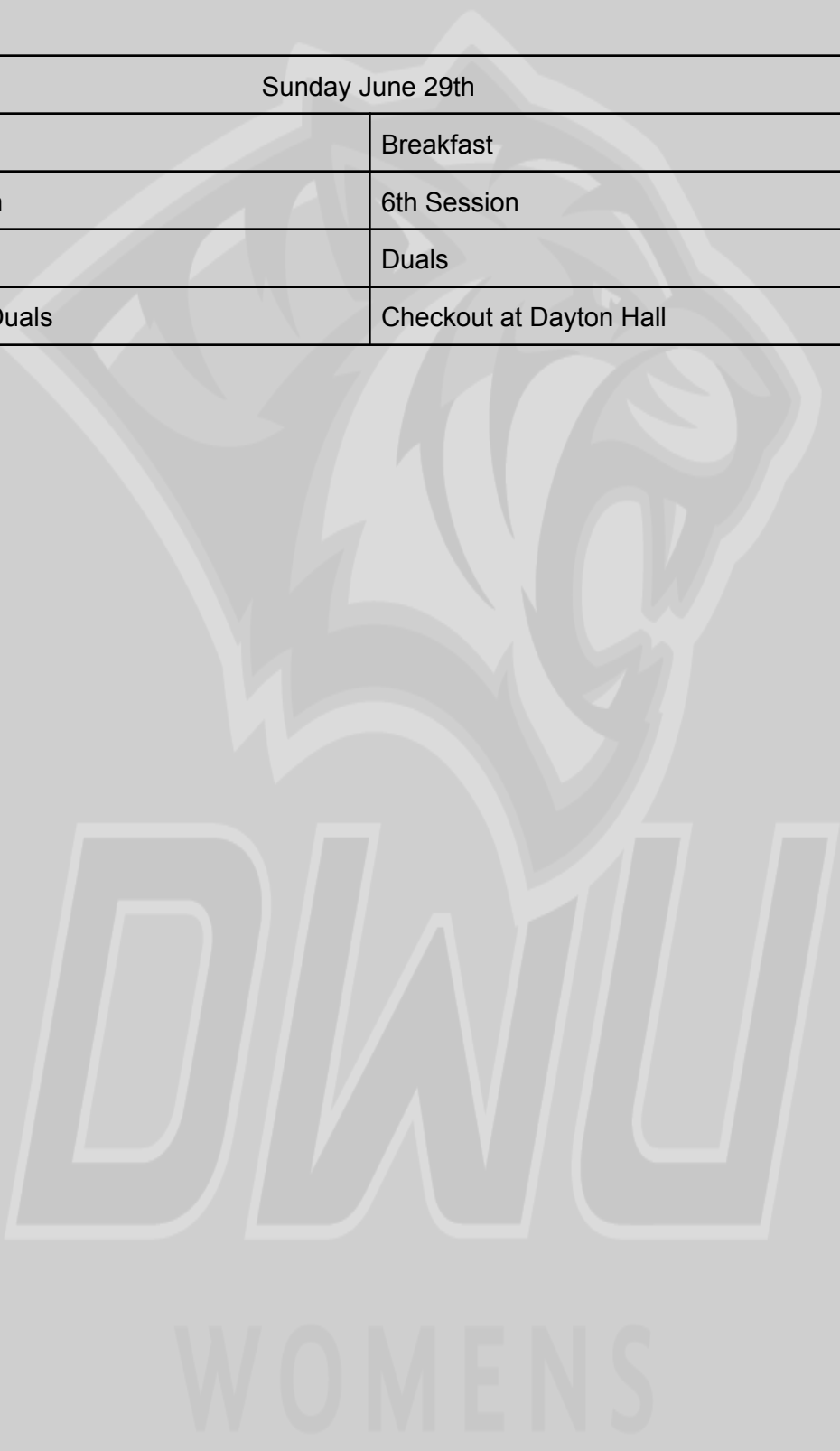


## Schedule

Friday June 27th	
10:00 am - 12:30 pm	Check in
2:00 - 3:00 pm	Camp Intro and Welcome
3:00 - 5:00 pm	1st Session
5:30 - 6:30 pm	Supper
7:00 - 8:00 pm	2nd Session
8:00 - 8:30 pm	Ice Cream Social
11:00 pm	Lights Out

Saturday June 28th	
7:00 - 8:00 am	Breakfast
9:00 - 11:00 am	3rd Session
11:00 - 12:00 am	Team Activity
12:00 - 1:00 pm	Lunch
2:00 - 3:00 pm	Team Activity
3:00 - 5:00 pm	4th Session
5:30 - 6:30 pm	Dinner
7:00 - 8:00 pm	5th Session
8:00 - 8:30 pm	4th Annual Water Bash

WOMENS  
WRESTLING



Sunday June 29th	
7:00 - 8:00 am	Breakfast
9:00 - 10:00 am	6th Session
10:30 - 12:30	Duals
Conclusion of Duals	Checkout at Dayton Hall

### Details

- wrestling camp for 7th grade - 12th grade
- June 27th - June 29th Friday - Sunday
- Dakota Wesleyan University Wrestling Room

### Cost

- Camper \$300 (room and meals included) - Stay in DWU dorms
- Commuter \$200 (lunch included)
- Coach \$100

### 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

