

PRINCETON UNIVERSITY

WRESTLING CAMP

Wrestling Girls Technique & Live Camp 2024 Camp Schedule

Wrestling Camp – Day 1

- 12:00p | Check-In at Baker Rink (lunch on your own)
- 1:45p | Fire Drill and Meeting at Dorms
- 2:30p | Technique Session
- 5:00p | Dinner
- 6:10p | Meet Outside Dorm for Roll Call
- 6:30p | College Style Practice
- 8:15p | Wawa
- 8:30p | Campers Report to Dorms
- 10:30p | Lights Out

Wrestling Camp – Day 2 and Day 3

- 7:30a | Breakfast
- 9:40a | Meet in Front of Dorm / Walk to Jadwin Gym
- 10:00a | Technique Session
- 11:30a | Lunch
- 2:10p | Meet Outside Dorm for Roll Call
- 2:30p | Technique Session
- 5:00p | Dinner
- 6:10p | Meet Outside Dorm for Roll Call
- 6:30p | College Style Practice
- 8:15p | Wawa
- 8:30p | Campers Report to Dorms
- 10:30p | Lights Out

Wrestling Camp – Day 4

- 7:30a | Breakfast
- 9:10a | Meet in Front of Dorm / Walk to Jadwin Gym
- 9:30a | Last Training Session
- 11:00a | Check-Out