

PRINCETON UNIVERSITY

WRESTLING CAMP

Wrestling Prospect Camp

June 16-18, 2024

Wrestling Camp – Day 1

12:00p | Check-In at Baker Rink
1:30p | Fire Drill and Meeting at Dorms
2:00p | Higher Standard Session
2:30p | Technique Session
5:00p | Dinner
6:10p | Meet at Dorm for Roll Call
6:30p | College Style Practice
8:00p | WAWA Run
8:30p | Report to Dorm
10:15p | Report to Rooms
10:30p | Lights Out

Wrestling Camp – Day 2

7:30a | Breakfast
9:10a | Meet at Dorm for Roll Call
9:30a | Higher Standard Session
10:00a | Technique Session
11 :30a | Lunch
1:40p | Meet at Dorm for Roll Call
2:00p | Wrestling Mindset Session
2:30p | Technique Session
5:00p | Dinner
5:45p | Meet at Dorm for Roll Call
6:30p | College Style Practice
8:00p | WAWA Run
8:30p | Report to Dorm
10:15p | Report to Rooms
10:30p | Lights Out

Wrestling Camp – Day 3

7:30a | Breakfast
9:10a | Meet at Dorm for Roll Call
9:30a | Higher Standard Session
10:00a | Technique Session

Wrestling Camp – Day 3 (cont.)

11 :30a | Lunch

1:10p | Meet at Dorm for Roll Call

1:30p | College Style Practice

3:30p | Check-Out