

Princeton Wrestling Boys Technique & Live Camp

Emergency Contact Joe Dubuque 516-404-4477, Cody Brewer 816-332-1182, Anthony Ashnault 908-251-093, Ryan Wolfe 302-438-2017

= ALL CAMPERS
 = GROUP 1
 = GROUP 2

Day 1

11:00	Staff Meeting Little Hall
12:00	Registration-Little Hall
1:45	Fire Drill At Dorm—We will be blowing whistles making noise etc
	**Come prepared to Wrestle
2:00	Groups split –Orientation
2:30-4:00	Session I Group 1 (leave from orientation)
3:40	Group 2 Meet Outside Dorm for Roll and walk down
4:00-5:30	Session I Group 2 (Jadwin Gym E-level)
5:00-8:00	Dinner (Yeh)
5:45	Group 1 meet Outside Dorm for roll and walk down
6:00-7:30	Session II Group 1 (Jadwin)
7:10	Group 2 Meet Outside Dorm for Roll and Walk Down
7:30-9:00	Session II Group 2
8:30	WAWA Group 1
9:30	WAWA Group 2
10:15	In Room
10:30	Lights out

Day 2 & 3

7:00	Wake up # 1 Group 1
8:30	Wake up #2 Group 2
7:30-10:00	Breakfast (Yeh)
8:10	Group 1 Meet Outside Dorm for Roll and Walk Down
8:30-10:00	Session I Group 1 (Jadwin E-Level)
9:40	Group 2 Meet Outside Dorm for Roll and Walk down
10:00-11:30	Session I Group 2 (Jadwin E-level)
11:30-2:00	Lunch (Yeh)
1:10	Group 1 Meet Outside Dorm for Roll and Walk down
1:30-3:00	Session II Group 1 (Jadwin)
2:40	Group 2 Meet Outside Dorm for Roll and Walk down
3:00-4:30	Session II Group 2 (Jadwin Gym E-level)
5:00-8:00	Dinner (Yeh)
5:45	Group 1 meet Outside Dorm for roll and walk down
6:00-7:30	Session III Group 1 (Jadwin)
7:10	Group 2 Meet Outside Dorm for Roll and Walk Down
7:30-9:00	Session III Group 2 (Jadwin E-Level)
8:30	WAWA Group 1
9:30	WAWA Group 2
10:15	In Room
10:30	Lights out

Day 4

6:45	Wake up #1 Group 1
7:00-10:00	Breakfast (Yeh)
7:40	Group 1 meet for Roll and Walk down Outside Dorm)
8:00-9:30	Group 1 Session I (Jadwin Gym)
9:10	Group 2 Roll and Walk down Outside Dorm
9:30-11:00	Session I Group 2 (Jadwin E-level)
10:30-11:30	Get Group 1 Check out at little Hall
11:30-12:00	Group 2 Checkout at Little Hall
10:30-12:00	Room Checks-All Staff
10:30-12:00	Check-out