

6.14 SAMPLE CAMP ITINERARY

SUNDAY JULY 8

8:30 am	Meeting At Godwin to Move Mats Counselors & Spotswood Wrestlers	
11:00-1130 PM	Counselors Meeting	(Weaver Hall Lounge)
12:00-2:30 PM	Registration Weigh-ins	(Weaver Hall Lobby) (During Registration)
3:45-3:55 PM	All Campers Meet In Front of Weaver Hall Walk to Convocation Center as Group	
4:00-4:30 PM	Introduction of Staff and Camp Rules /Objectives	(Convocation Center)
4:30-4:45 PM	Divide Camp into Two Groups	
4:45-5:00 PM	Walk to Dinner as a Group	(The Festival)
5:00-6:00 PM	Dinner	(The Festival)
7:00-7:50 PM	Session 1	(Convocation Center)
8:00-8:50 PM	Session 2	(Convocation Center)
10:00-11:00 PM	Coaches Meeting	(Weaver Lounge)
9:15-11-00 PM	Movie Pizza Delivered to Dorm	(Weaver Lobby)
10:45 PM	All Campers in Rooms	(Weaver Hall)
11:00 PM	Lights Out & Bed Check	

MONDAY JULY 9

6:45 AM	Wake-up Call	
7:15-8:00 AM	Breakfast	(The Festival)
9:00-9:50 AM	Session 3	(Convocation Center)
10:00-10:50 AM	Session 4	(Convocation Center)
11:00 -12:00 PM	TEAM COMPETITIONS GROUP 1 Frisbee Football GROUP 2 Volleyball	(UREC Fields)
12:15-1:00 PM	Lunch	(The Festival)
1:45-1:55 PM	Walk To Convo For next Session	
2:00-2:50 PM	Session 5	
3:00-3:50 PM	DUAL MEET	
4:15-5:00 PM	Swimming	(UREC Pool)
5:15-6:00 PM	Dinner	(The Festival)
6:15-6:30 PM	Walk to Stadium weight room for special session	
6:30-7:00 PM	Lifting Lecture	(Stadium)
7:00-7:15 PM	Walk to convo for evening session	
7:20-8:10 PM	Session 6	(Convocation Center)
8:15-9:05 PM	DUAL MEET	(Convocation Center)
9:30-11:00 PM	Movie Pizza Delivered To Dorm	(Weaver Lobby)
10:45 PM	All Campers In Dorm	
11:00 PM	Lights out and Bed Check	

SAMPLE STAFF ASSIGNMENTS & TECHNIQUE

SUNDAY JULY 8

SESSION	MAT	CLINICIAN	TECHNIQUE
1	1	Detrick	Stance/Positioning/Penetration
1	2	Bernstein	Stance/Positioning/Penetration
2	1	Bernstein	Outside Singles
2	2	Bowyer	High -C's & Finishes

MONDAY JULY 9

3	1	Bowyer	High -C's & Finishes
3	2	Berstein	Outside Singles
4	1	Detrick	Offensive Legs
4	2	Berstein	Change Over Series
5	1	Berstein	Change Over Series
5	2	Detrick	Offensive Legs
6	1	Bowyer	Bars and Halves
6	2	Detrick	Bars and Halves