

Florida National Duals 2023

Eagle Intensive Camp- Technique Camp 2023

June 10-15

June 12-13-14

Saturday June 10-

6:00 p.m.- Florida Intensive Campers Check In

Introduction- Practice- Housing

8:00 p.m.- Release to housing

Sunday June 11-

8:00 a.m.-First run to golf course (Melby)

9:00-10:00-Live goes (Melby)

10:00-12:00-Select Guys for Technique with Little Guys (Intensive Guys Off)

12:00-2:00- Live goes- Drills- Lifting (Melby)

6:00-8:00- Live goes- Drills (Minnesota – McKee – Blockus - Lee)

Mop Mats-Sleep Tight

Monday June 12-

8:00- Track Run-Sprints- Plates (Minnesota – McKee – Blockus – Lee)

All Campus Together

9:00- Technique Registration

9:00-10:00- Live Matches

10:00-12:00-All Campers together - (Minnesota – McKee – Blockus – Lee)

12:00-1:30-Lunch Break (ON YOUR OWN)

1:30-2:30-Minnesota – McKee – Blockus – Lee

2:30-4:00- Little Guy TD Tournament

6:00-8:00- Minnesota Workout McKee – Blockus – Lee

Tuesday June 13 -

8:00 Canal Run

9:00-10:00- Live Goes (Minnesota)

10:00-12:00-Technique (Minnesota)

12:00-1:30- Lunch (ON YOUR OWN)

1:30-3:00-Technique (Minnesota)

3:00-4:00- Dual Finals

6:00 – 8:00 Minnesota Work out

“Sleep Tight”

Wednesday June 14th - **NO RUN**
9:00-11:30 – Technique – Minnesota
11:30-12:00 – Autograph Session
12:00-1:30 – Lunch (ON YOUR OWN)
1:30-2:30 - Aden Graves – Great Falls
2:30-4:00 – TD Tourney
Technique Camp Finished
5:00 – Hand Out Florida Uniform Package
6:00 – Florida Duals For all Intensive Campers plus Florida

Thursday June 15th 9:00-12:00 – Gresh Jones - Williston
12:00-1:30 Lunch (ON YOUR OWN)
1:30-2:30 Line up
2:30-3:30 Gym Clean Up
6:00 – Brodie Gorder 10k run - BBQ

Friday June 16th- 7:00 AM – Travel to Minnesota
6:00 PM – Check into Hotel

Saturday June 17th- University of Minnesota Camp

Sunday June 18th- University of Minnesota -

Monday June 19th- Fly out of Minnesota to Orlando-Check Into Condos-Grocery Shop

Tuesday June 20th- All Star - Girls Teams Weigh In Then Free

June 21st – 23rd All-Star – Girls Team Wrestle

June 22nd Community Teams Weigh In

June 23-24-25th Community Teams Wrestle

Monday June 26th **FLY BACK TBA**