

Day 1 Camp Schedule-HS Graber (HS Pools A, B, C)

8:00-11:30 Check-in and Weigh-in Graber
9:30-10:30am Johnni Dijulius Technique and Games in AWC
10:30am 11:30 Te'Shan Campbell Technique and Games in AWC
11:50-12:00 Draft of individuals/Rules and Expectations in Graber
12:00 Camp Officially Starts
12:00-1:00 Team Olympics at Faber Field
1:15-2:15 Technique with Vincenzo Joseph at Graber
2:30-4:30-Duals 1 & 2 at Graber
5:00-6:00 Loras College Wrestling Open Mat (Watch or Wrestle on ½ gym) at Graber
5:30-7:30 Supper at Cafe in ACC
6:00-9:30 Optional Night Activities
8-9:00 intensive practice with Pete Dipol at AWC
11:00 Lights Out!

Day 2 Camp Schedule HS AWC (HS Pools A, B, C)

6:45-8:30 Breakfast in ACC
7:30 -8:30 Elite Technique Session for grades K-12 With Te'Shan Campbell in AWC
7:30-8:30 Smaller Elite Technique Session for Grades K-12 With Buck Watkins in Graber
8:30-8:45 Autographs
9:00-10:15 Dual 3 at Graber
10:30-11:30 Team Olympics at Faber Field
11:45-12:55- Technique Spencer Lee at Graber
12:55-2:05 Lunch Break at Cafe in ACC
2:15-4:30 Duals 4 & 5 in AWC ends pool play
4:45-5:45 Loras College Wrestling Open Mat (Watch or Wrestle) Graber
5:30-7:30 Supper at Cafe in ACC
6:00-9:30 Optional Night Activities
8-9pm Wrestling Mindset Clinic with Buck Watkins Mindset Coach (All welcome) @ AWC
11:00 Lights Out!

Day 3 Camp Schedule HS Gold and Bronze Bracket

6:45-8:30 Breakfast in ACC
7:30 -8:30 Elite Technique Session for grades K-12 With Gable Steveson in AWC
7:30-8:30 Smaller Elite Technique Session for Grades K-12 With Megan Black in Graber
8:30-8:45 Autographs
9:00-10:15 Dual Tournament: Dual 6 at Graber
10:30-11:30 Team Olympics Division 2 at Faber Field
11:45-12:55-Technique Gable Steveson HS Division 2 at Graber
12:55-2:05 Lunch at Cafe in ACC
12:55-1:15 Get Recruited by Loras Wrestling in ACC Pub (Seniors only)
2:20-4:35 Dual Tournament: Duals 7, 8 in AWC (Gold and Bronze Bracket)
4:45-5:45 Loras College Wrestling Open Mat (Watch or Wrestle) Graber
4:45-5:45 Struggling Wrestler Matches in AWC (ONLY FOR STRUGGLING WRESTLERS)
5:30-7:30 Supper at Cafe in ACC
6:00-9:30 Optional Night Activities
7:00-8:30 ALL STAR DUAL @AWC
8:30-10:30 Coach Social in Loras College Pub
9:00-10:30pm Games with Dylan Palacio and Johnni Dijulius meet at Rock Bowl Football Bleachers

Day 3 Camp Schedule HS Silver Bracket

6:45-8:30 Breakfast in ACC
7:30 -8:30 Elite Technique Session for grades K-12 With Gable Steveson in AWC
7:30-8:30 Smaller Elite Technique Session for Grades K-12 With Megan Black in Graber
8:30-8:45 Autographs
9:15-10:15 Team Olympics at Faber Field
10:30-11:45 Dual Tournament: Dual 6 at Graber
12:00-12:50 Lunch at Cafe in ACC
12:00-12:15 Get Recruited by Loras Wrestling in ACC Pub (Seniors only)
1:00-2:15 Technique Gable Steveson in Graber
2:25-4:25 Dual Tournament: Duals 7, 8 in Graber (Silver Bracket)
4:45-5:45 Loras College Wrestling Open Mat (Watch or Wrestle) Graber
4:45-5:45 Struggling Wrestler Matches in AWC (ONLY FOR STRUGGLING WRESTLERS)
5:30-7:30 Supper at Cafe in ACC
6:00-9:30 Optional Night Activities
7:00-8:30 ALL STAR DUAL@AWC
8:30-10:30 Coach Social in Loras College Pub
9:00-10:30pm Games with Dylan Palacio and Johnni Dijulius meet at Rock Bowl Football Bleachers

Day 4 Camp Schedule Gold and Bronze Brackets

6:45-8:30 Breakfast in ACC
7:15-8:15 Zahid Valencia Elite Technique in Graber
7:15 8:15 Lauren Louvie Elite Technique in Graber
8:45-9:30 Final Team Olympics at Faber
9:45-10:45 Technique Zahid Valencia at Graber
11:00-12:15 Final Dual in AWC
12:20-12:50 Lunch/Break for Camp Store at Cafe in ACC
1:00- Awards/T-shirt exchange in Graber
1:00-2:30 Takedown Tournament at Graber (MUST ROLL UP MATS)

Day 4 Camp Schedule Silver Bracket

6:45-8:30 Breakfast in ACC
7:15-8:15 Zahid Valencia Elite Technique in Graber
7:15 8:15 Amanda Hendey Elite Technique in Graber
8:45-10:00 Final Dual at Graber
10:10-10:45 Final Team Olympics on Faber Field
10:55-11:50 Technique Zahid Valencia at Graber
11:50-12:20 Lunch/Break for Camp Store at Cafe in ACC
12:25-12:55 Optional World's Strongest Man Competition Faber Field or BREAK
1:00 Awards/T-shirt exchange in Graber
1:00-2:30 Takedown Tournament at Graber (MUST ROLL UP MATS)