

GENERAL CAMP SCHEDULE

Day 1

7:30-8:45 Check-in
8:45-9:00 Review itinerary and expectations.
9:00-11:00 Technique Session I
11:00-12:30 Lunch
12:30-2:30 Technique Session II
2:30-5:00 Activities
5:00-6:30 Dinner
6:30-8:00 Technique Session III
8:00-8:30 Live wrestling
8:30-10:00 Movie
10:00 Lights Out

Day 2

6:30 Morning run
8:00-8:45 Breakfast
9:00-11:00 Technique Session I
11:00-12:30 Lunch
12:30-2:30 Technique Session II
2:30-5:00 Activities
5:00-6:30 Dinner
6:30-8:00 Technique Session III
8:00-8:30 Live wrestling
8:30-10:00 Movie
10:00 Lights Out

Commuters

Drop off 8:00-8:45 AM
Pick up 7:30-9:00 PM

Day 3

6:30 Morning run
8:00-8:45 Breakfast
9:00-11:00 Technique Session I
11:00-12:30 Lunch
12:30-2:30 Technique Session II
2:30-3:30 Activities
3:30-4:45 Choreography Competition/Camp Awards
4:45 Sharp Parent Pick-up

*All times are subject to change