

# ROSSELLI WRESTLING CAMP

CAMP SCHEDULE

2018

## INTENSIVE CAMP 1

### SATURDAY, JUNE 23 (DAY 1)

|                |                                      |
|----------------|--------------------------------------|
| 11:00 AM -1:00 | Check in at dorm                     |
| 1:50 PM        | Meet in front of dorm to walk to gym |
| 2:00-4:00 PM   | Training Session                     |
| 4:30-6:00 PM   | Dinner                               |
| 6:20 PM        | Meet in front of dorm to walk to gym |
| 6:30-8:30 PM   | Training Session                     |
| 10:00 PM       | Lights out!                          |

### SUNDAY, JUNE 24-TUESDAY, JUNE 26 (DAY 2-4)

|               |                                      |
|---------------|--------------------------------------|
| 6:30-7:15 AM  | Training Session-Cardio workout      |
| 7:30-8:45 AM  | Breakfast                            |
| 8:50 AM       | Meet in front of dorm to walk to gym |
| 9:00-11:00 AM | Training Session                     |
| 11:30-1:00 PM | Lunch                                |
| 1:50 PM       | Meet in front of dorm to walk to gym |
| 2:00-4:00 PM  | Training Session                     |
| 4:30-6:00 PM  | Dinner                               |
| 6:20 PM       | Meet in front of dorm to walk to gym |
| 6:30-8:30 PM  | Training Session                     |
| 10:00 PM      | Lights out!                          |

### WEDNESDAY, JUNE 27 (DAY 5)

|                |                                      |
|----------------|--------------------------------------|
| 6:30-7:15 AM   | Training Session-Cardio Workout      |
| 7:30-8:45 AM   | Breakfast                            |
| 8:50 AM        | Meet in front of dorm to walk to gym |
| 9:00-11:00 AM  | Training Session                     |
| 11:00-12:30 PM | Check out at dorm                    |