

ROSSELLI WRESTLING CAMP

CAMP SCHEDULE

2019

FATHER & SON CAMP

FRIDAY, JUNE 28 (DAY 1)

4:30-6:00 PM	Check in at dorm
6:20 PM	Meet in front of dorm to walk to gym
6:30-8:30 PM	Training Session
10:00 PM	Lights out!

SATURDAY, JUNE 29 (DAY 2)

7:00 AM	Wake up knock
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/Activity
10:00 PM	Lights out!

SUNDAY, JUNE 30 (DAY 3)

7:00 AM	Wake up knock
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