

ROSSELLI WRESTLING CAMP

CAMP SCHEDULE

2019

INTENSIVE CAMP 1

SATURDAY, JUNE 22 (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 23-TUESDAY, JUNE 25 (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 26 (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