

ROSSELLI WRESTLING CAMP

CAMP SCHEDULE

2019

INTENSIVE CAMP 2

WEDNESDAY, JUNE 26 (DAY 1)

12:30-2:30 PM	Check in at dorm
2:50 PM	Meet in front of dorm to walk to gym
3:00-4:45 PM	Training Session
5:00-6:15 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!

THURSDAY, JUNE 27-SATURDAY, JUNE 29 (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!

SUNDAY, JUNE 30 (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