



WRESTLING TEAM CAMP I: JULY 7-10, 2013

Equipment: Wrestling Shoes Running Shoes Head Gear Knee Pads
Several sets of workout gear (socks, t-shirts, athletic supporters)

Dorm Rooms: Bed Linens are provided. **Pillow, Blankets & Towels are NOT provided.**
Small refrigerators and microwaves are in the dorm rooms.
Fans are highly recommended. Rooms are NOT air-conditioned.

PENN STATE WRESTLING TEAM CAMP – “TENTATIVE” SCHEDULE

First Day, July 7

10:30 a.m. - 1:00 p.m.	Final Registration/ Weigh-in - Waring Commons Lunch available
1:15	Camp Meeting** - TBD <i>Dressed to wrestle</i>
1:30	Instructional Session
4:30	Dinner
7:00	Dual Meets
10:30	In Dorm (on your floor)
11:00	Lights out!

Full Days

7:00 a.m.	Breakfast
9:00	Instructional Session/Dual Meet
11:30	Lunch
1:30 p.m.	Instructional Session/Dual Meet
4:30	Dinner
7:00	Instructional Session/Live Wrestling
10:30	In Dorm (on your floor)
11:00	Lights outs!

Last Day, July 10

7:00 a.m.	Breakfast
9:00	Dual Meet/Takedown Tournament
12:00 p.m.	Check out, Turn in key

Please make arrangements for a specific time and place to pick up your camper.

NOTE **Camp meeting is open to and optional for parents/legal guardians. The camp meeting allows for the opportunity to meet the camp director and camp staff members and have questions answered.