

BOOMER WRESTLING CAMPS

INTENSIVE CAMP SCHEDULE 2025

**Tentative- subject to small changes*

WEDNESDAY, JUNE 18 (DAY 1)

| | |
|---------------|--------------------------------------|
| 3:00- 6:00 PM | Check in/weigh in at dorm |
| 4:30-6:00 PM | Dinner |
| 6:20 PM | Meet in front of dorm to walk to gym |
| 6:30 PM | Team Meeting |
| 7:00-9:00 PM | Training Session |
| 10:30 PM | Lights out! |

THURSDAY, JUNE 19-SATURDAY, JUNE 21 (DAY 2-4)

| | |
|---------------|---|
| 6:30-7:15 AM | Training Session- Cardio Workout (sprints, stairs, distance runs, etc.) |
| 7:30-8:45 AM | Breakfast |
| 8:50 AM | Meet in front of dorm to walk to gym |
| 9:00-11:00 AM | Technique Session |
| 11:30-1:00 PM | Lunch |
| 1:50 PM | Meet in front of dorm to walk to gym |
| 2:00-4:00 PM | Technique Session |
| 4:30-6:00 PM | Dinner |
| 6:45 PM | Meet in front of dorm to walk to gym |
| 7:00-9:00 PM | Technique Session |
| 10:30 PM | Lights out! |

Lifts start Thursday, June 19th from 11 AM- 12 PM. Lifts will be after technique session on Thursday, Saturday, Monday, and Wednesday. time scheduled to change.

SUNDAY, JUNE 22 (DAY 5)

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|---------------|--|
| 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 |
| 12:15-1:00 PM | Bible Study (optional) |
| 3:00-5:00 PM | Fun Activity (Swimming, football, Frisbee etc.). |
| 4:30-6:00 PM | Dinner |
| 7:00-9:00 PM | Movie and Games |
| 10:30 PM | Lights out! |

MONDAY, JUNE 23 (DAY 6)

| | |
|---------------|---|
| 6:30-7:15 AM | Training Session- Cardio Workout (sprints, stairs, distance runs, etc.) |
| 7:30-8:45 AM | Breakfast |
| 8:50 AM | Meet in front of dorm to walk to gym |
| 9:00-11:00 AM | Technique Session |
| 11:30-1:00 PM | Lunch |
| 1:50 PM | Meet in front of dorm to walk to gym |
| 2:00-4:00 PM | Technique Session |
| 4:30-6:00 PM | Dinner |
| 6:20 PM | Meet in front of dorm to walk to gym |
| 7:00-9:00 PM | Technique Session |
| 10:30 PM | Lights out! |

TUESDAY, JUNE 24-THURSDAY, JUNE 26 (DAY 7-9)

| | |
|---------------|---|
| 6:30-7:15 AM | Training Session- Cardio Workout (sprints, stairs, distance runs, etc.) |
| 7:30-8:45 AM | Breakfast |
| 8:50 AM | Meet in front of dorm to walk to gym |
| 9:00-11:00 AM | Technique Session |
| 11:30-1:00 PM | Lunch |
| 1:50 PM | Meet in front of dorm to walk to gym |
| 2:00-4:00 PM | Duals |
| 4:30-6:00 PM | Dinner |
| 6:20 PM | Meet in front of dorm to walk to gym |
| 7:00-9:00 PM | Duals |
| 10:30 PM | Lights out! |

FRIDAY, JUNE 27 (DAY 10)

| | |
|----------------|--------------------------------------|
| 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 | Tournament |
| 11:00-12:00 PM | Check out at dorm |