

# **BOOMER WRESTLING CAMPS**

## **TECHNIQUE CAMP SCHEDULE 2025**

WEDNESDAY, JUNE 18<sup>TH</sup>- SUNDAY, JUNE 22<sup>ND</sup>

### **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)**

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
10:30 PM	Lights out!

### **SUNDAY, JUNE 22(DAY 5)**

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