

BOOMER WRESTLING CAMPS

TEAM CAMP SCHEDULE 2025

MONDAY, JUNE 23rd- FRIDAY, JUNE 27TH

MONDAY, JUNE 23 (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	Technique Session
10:30 PM	Lights out!

TUESDAY, JUNE 24-THURSDAY, JUNE 26(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	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 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	Tournament Session
11:00-12:00 PM	Check out at dorm