

# Northwestern Wrestling Intensive Camp

(Schedule Subject to Change)

<b>Day 1</b>	<b>June 28</b>
12:30-1:30pm	Check in and registration- McCulloch Hall (address below)
2:00pm	Camp meeting on the front steps of the dormitory
2:30-4:30pm	<b>Session #1</b> -Technique
5-6:00pm	Dinner
7-8:30pm	<b>Session #2</b> -Drilling/Live Wrestling (Commuter pick-up address below)
10:30pm	Lights out
<b>Day 2</b>	<b>June 29</b>
7-7:45am	Conditioning
8-9:00am	Breakfast
9:30-11:30am	<b>Session #3</b> -Technique/Drilling (Commuter drop-off)
12-1:00pm	Lunch
2:30-4:15pm	<b>Session #4</b> -Technique
5-6:00pm	Dinner
7-8:30pm	<b>Session #5</b> -Live Wrestling (Commuter pick-up)
10:30pm	Lights out
<b>Day 3</b>	<b>June 30</b>
7-7:45am	Conditioning
8-9:00am	Breakfast
9:30-11:30am	<b>Session #6</b> -Technique/Drilling (Commuter drop-off)
12-1:00pm	Lunch
2:30-4:15pm	<b>Session #7</b> -Technique
5-6:00pm	Dinner
7-8:30pm	<b>Session #8</b> -Live Wrestling (Commuter pick-up)
10:30pm	Lights out
<b>Day 4</b>	<b>July 1</b>
7-7:45am	Conditioning
8-9:00am	Breakfast
9:30-11:30am	<b>Session #9</b> -Live Wrestling/Tournament (Commuter drop off)
12-1:00pm	Lunch
2:30-4:15	<b>Session #10</b> -Technique
5-6:00pm	Dinner

7-8:30pm	<b>Session #11</b> -Live Wrestling pick-up)	(Commuter
10:30pm	Lights out	
Day 5		July 2
7-7:45am	Conditioning	
8-9:00am	Breakfast	
9:30-11:30am	<b>Session #12</b> -Live Wrestling/Tournament drop-off/pick-up)	(Commuter
11:45-12:30pm	Check out of dorms	

### Important Addresses

<b>All Check In McCulloch Residence Hall</b> 2315 Sheridan Road Evanston, IL 60201 (Subject to change)	<b>Commuter drop-off/pick-up and camp sessions</b> Blomquist Gymnasium 617 Foster Street Evanston, IL 60201	<b>Dining Hall</b> Sargent Hall 2245 Sheridan Road Evanston, IL 60201
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**(All lunches and dinners will be provided to commuters)**