

**High Country Wrestling Camps
Intensive Camp 2024 – June 22-28
Tentative Schedule**

Saturday, June 22nd

- 2-3:30pm Registration (Varsity Gym)
- 4:30-6pm Dinner
- 6:30-9:30pm Session 1: Introductions, Technique & Drilling (Setups & Handfighting on Feet)
- 11:15pm LIGHTS OUT! (Room checks by ASU wrestling staff)

Sunday, June 23rd

- 6am Wakeup
- 6:15am Morning Conditioning
- 7-9am Breakfast
- 9:30-11:30am Morning Technique Session (Mat Wrestling)
- 11:30-1pm Lunch
- 2-3:30pm Warmup & Wrestle-offs
- 4:30-6pm Dinner
- 7-9pm Technique & Drilling Session
- 11:15pm LIGHTS OUT! (Room checks by ASU wrestling staff)

Monday, June 24th

- 6am Wake Up
- 6:15am Morning Conditioning
- 7-9am Breakfast
- 9:30-11:30am Morning Technique Session (Handfighting & creating angles to attacks)
- 11:30-1pm Lunch

2-4pm Technique & Drilling

4:30-6pm Dinner

6:30-9:30pm Technique Session (Breakdowns & Turns from Top position)

11:30pm LIGHTS OUT!! (Room checks by ASU Wrestling Staff)

Tuesday, June 25th

6am Wake Up

6:15am Morning conditioning

7-9am Breakfast

9-9:20am Warmup

9:20-10:30am Technique Session (Counter offense & Defense)

10:30-10:45 Team Setup (Roll call) 1st competition mat

10:45-11:45 1st Team Match

11:45-1:15pm Lunch

1:30-1:55 Warmup

1:55-2:55 Review & Technique

2:55-3:55 2nd Team Match

4:30-6pm Dinner

6:30-6:55pm Warmup

6:55-8:05p Technique and Drilling (Counter offense & defense on feet)

8:05-9:05 3rd Team Match

9:05-10:05 4th Team Match

11:30pm LIGHTS OUT! (Room checks by ASU Wrestling Staff)

Wednesday, June 26th

6am Wake up

6:15am Morning Conditioning

7-9am Breakfast

9-10:35am Technique Session (Bottom position)
10:35-11:35 5th Team Match
11:30-1:30pm Lunch
1:30-3:05pm Drilling & Sparring Session (learning proper way to Spar)
3:05-4:05pm 6th Team Match
4:30-6pm Dinner
6:30-7:55 Technique Session (Problem areas, weaknesses exposed during camp)
7:55-8:55pm 7th Team Match
8:55-9:55pm 8th Team Match
11:30pm LIGHTS OUT!! (Rooms checks by ASU wrestling staff)

Thursday, June 27th

6:30am Wake-up
7-8:30am Breakfast in Cafeteria
9:30-9:45am Tournament Check-In
9:50-10:15am Warmup and Drilling with ASU Wrestlers
10:15am Individual Tournament (Runs until conclusion)
12:30-1:30pm Lunch in Cafeteria
3-4pm Swimming at UREC Pool
4:45-6pm Dinner in Cafeteria
7-9:30pm Technique and Drilling (Legs- Turns from top)
11:30pm Lights out

Friday, June 28th

6am Wake up

6:30am Howards Knob run (with ASU Wrestlers)

7:45-9am Breakfast in Cafeteria

9:30-10:30am Checkout in Dorms