**High Country Wrestling Camps 2025**

**Team Camp 1**

**June 23-26 Schedule**

**Monday, June 23rd**

 **12-4pm Registration – Varsity Gym Balcony**

 **Dorm Check-in (Teams & Individuals will check in their dorm rooms after registering in**

 **Varsity Gym.**

 **4:30-6pm Dinner served in Cafeteria**

 **6pm Staff meeting in ASU Wrestling Room**

 **6:30-7pm Introduction-Divide into groups**

 **7-7:20pm Warm up drills- ASU Wrestlers**

 **7:20-8:30pm 1st Instructional Session**

 **8:30-8:40pm 10 minute break, rotate to next teaching area**

 **8:40-9:55pm 2nd Instructional Session**

 **10:15pm Coaches Meeting in IG Greer Auditorium**

 **11:30pm LIGHTS OUT! (All coaches check wrestlers at LIGHTS OUT)**

 **(Individual wrestlers checked by ASU Wrestlers)**

**Tuesday, June 24th**

 **7-9am Breakfast**

 **8:30am Coaches meeting (ASU Wrestling Room)**

 **9-9:20am Warm up Drills – ASU Wrestlers**

 **9:20-10:30am 3rd Instructional Session**

 **10:30-10:45am Team Setups (roll call) – 1st Competition Mat**

 **10:45-11:45am 1st Team Match**

 **11:30-1:30pm Lunch**

 **1:30-1:35pm Roll Call – 1st Competition mat**

 **1:35-1:55pm Warm up – ASU Wrestlers**

 **1:55-2:55pm 4th Instructional Session (three 20 minute review sessions)**

 **2:55-3:55pm 2nd Team Match**

 **4:30-6pm Dinner**

 **6:30-6:35 Roll Call – 1st competition mat**

 **6:35-6:55pm Warm up drills – ASU Wrestlers**

 **6:55-8:05pm 5th Instructional Session**

 **8:05-9:05pm 3rd Team Match**

 **9:05-10:05pm 4th Team Match**

 **11:30pm LIGHTS OUT! (All coaches check wrestlers at LIGHTS OUT.**

 **(Individual wrestlers checked by ASU Wrestlers)**

**Wednesday, June 25th**

 **7-9am Breakfast**

 **9:00-9:05am Roll Call – 1st competition mat**

 **9:05-9:25am Warm up drills – ASU Wrestlers**

 **9:25-10:35am 6th Instructional Session**

 **10:35-11:35am 5th Team Match**

 **11-1:30pm Lunch**

 **1:30-1:35pm Roll Call- 1st competition mat**

 **1:35-1:55pm Warm up drills – ASU Wrestlers**

 **1:55-3:05pm 7th Instructional Session**

 **3:05-4:05pm 6th Team Match**

 **4:30-6:30pm Dinner**

 **6:30-6:35pm Roll Call- 1st competition mat**

 **6:35-6:55pm Warm up drills – ASU Wrestlers**

 **6:55-7:55pm 8th Instructional Session (three 20 minute review sessions)**

 **7:55-8:55pm 7th Team Match**

 **8:55-9:55pm 8th Team Match**

 **10:15pm Coaches Meeting in (IG Greer Hall)**

 **11:30pm LIGHTS OUT! (All coaches check wrestlers at LIGHTS OUT.**

 **(Individual wrestlers checked by ASU Wrestlers)**

**Thursday, June 26th**

 **7-9pm CHECK OUT of Dorm \*It is the responsibility of the Coach to check each room and to**

 **note any damages (broken windows, blinds down, window screen missing, etc). The**

 **school will be billed for any damages and lost keys.**

 **NO BREAKFAST at CAFETERIA**

 **(However you can pay cash for breakfast and eat in the cafeteria.**

 **9:30-9:45am Tournament Check-in (Mat Assignments for tournament)**

 **Team Awards**

 **9:50-10:15am Warmup & Drilling Session (ASU Wrestlers)**

 **10:15am Individual Tournament (Runs until conclusion)**