**High Country Wrestling Camps 2025**

**Team Camp 2**

**July 7-10 Schedule**

**Monday, July 7th**

**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, July 8th**

**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**

**4:00-5:15pm College practice (open for viewing by coaches and wrestlers)**

**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, July 9th**

**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**

**4:00-5:15pm College practice (open for viewing by coaches and wrestlers)**

**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, July 10th**

**7-9am 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)**