

PRINCETON UNIVERSITY

WRESTLING CAMP

Wrestling Boys Technique & Live Camp

2024 Camp Schedule

All Campers

Group 1

Group 2

Wrestling Camp – Day 1

12:00p | Check-In at Baker Rink (lunch on your own)
1:45p | Fire Drill and Meeting at Dorms
2:00p | Groups Split - Orientation
2:30p | Session I – Group 1 (Jadwin Gym E-Level)
3:40p | Meet Outside Dorm for Roll Call – Group 2
4-5:30p | Session I – Group 2 (Jadwin Gym E-Level)
4:30-7p | Dinner
5:45p | Meet Outside Dorm for Roll Call – Group 1
6:00p | Session II Group 1 (Jadwin Gym E-Level)
7:10p | Meet Outside Dorm for Roll Call – Group 2
7:30-9p | Session II – Group 2 (Jadwin Gym E-Level)
8:30p | Wawa – Group 1
8:30p | Wawa – Group 2
10:15p | Campers Report to Dorm Room
10:30p | Lights Out

Wrestling Camp – Day 2 and Day 3

7:00a | Wake Up – Group 1
8:30a | Wake Up – Group 2
7-10a | Breakfast
8:10a | Meet Outside Dorm for Roll Call – Group 1
8:30a | Session I – Group 1 (Jadwin Gym E-Level)
9:40a | Meet Outside Dorm for Roll Call – Group 2
10:00a | Session I – Group 2 (Jadwin Gym E-Level)
11a-2p | Lunch
1:10p | Meet Outside Dorm for Roll Call – Group 1
1:30p | Session II Group 1 (Jadwin Gym E-Level)
2:40p | Meet Outside Dorm for Roll Call – Group 2
3-4:30p | Session II – Group 2 (Jadwin Gym E-Level)
4:30-7p | Dinner

Wrestling Camp – Day 2 and Day 3 (cont.)

5:45p | Meet Outside Dorm for Roll Call – Group 1
6:00p | Session II Group 1 (Jadwin Gym E-Level)
7:10p | Meet Outside Dorm for Roll Call – Group 2
7:30-9p | Session II – Group 2 (Jadwin Gym E-Level)
8:30p | Wawa – Group 1
8:30p | Wawa – Group 2
10:15p | Campers Report to Dorm Room
10:30p | Lights Out

Wrestling Camp – Day 4

7:00a | Wake Up – Group 1
8:30a | Wake Up – Group 2
7-10a | Breakfast
7:40a | Meet Outside Dorm for Roll Call – Group 1
8-9:30a | Session I – Group 1 (Jadwin Gym E-Level)
9:10a | Meet Outside Dorm for Roll Call – Group 2
9:30a | Session I – Group 2 (Jadwin Gym E-Level)
10:30a | Check-out at Baker Rink – Group 1
11:30a | Check-out at Baker Rink – Group 2