

 ELITE FREESTYLE CAMP SCHEDULE

\*\*\*\* Meet camp counselor in dorm lobby **30 minutes prior to every session** \*\*\*\*

# MONDAY, JUNE 20TH

300-430pm Check-in, Smith Hall, 1120 N 14th St., Lincoln, NE 68508

645pm Check-in, Hendricks Training Complex, 1600 Court St., Lincoln, NE 68588

700pm Technique: NU Wrestling Room

# TUESDAY, JUNE 21st

630-730am Breakfast

900am Technique: NU Wrestling Room

1100-1200pm Lunch

300pm Drill + Live wrestling: NU Track

500-600pm Dinner

700pm Technique: NU Wrestling Room

# WEDNESDAY, JUNE 22nd

630-730am Breakfast

900am Technique: NU Wrestling Room

1100-1200pm Lunch

300pm Drill + Live Wrestling: NU Track

500-600pm Dinner

700pm Mindset Talk – Dorm Lounge

# THURSDAY, JUNE 23rd

630-730am Breakfast

900am Technique: NU Wrestling Room

 1100-1200pm Lunch

300pm Drill + Live wrestling: NU Track

500-600pm Dinner

700pm Games: Memorial Stadium

# FRIDAY, JUNE 24th

630-730am Breakfast

900am Technique: NU Wrestling Room

1030am Check-out