



Intensive Team Camp Schedule

2023 S-Brand Wrestling Technique/Team Camp (Florida Remote Camp)

Open to any and all entrants (limited only by number, age, grade level and/or gender)”

Thursday, August 3rd

1:00-2:15 p.m.	Camper Check-in Lake Swan Camp (Lake Swan Camp 647 FL-26, Melrose, Florida 32666)
2:30-3:00p.m.	Camp Orientation (In Wrestling Facility)
3:00 to 5:00 p.m.	First Session
5:00-5:30 p.m.	Commuter Pick-up (Lake Swan Camp 647 FL-26, Melrose, Florida 32666)
5:00 to 6:15 p.m.	Dinner
7:00 to 9:00 p.m.	Evening Session
9:00 to 10:00 p.m. for Sale)	Evening Recreation and Free-time (Camp Store: *Gear, Pizza, Water, Gatorade
10:00 p.m.	Curfew (10:45 p.m. room/bed-checks; 11:00 p.m. lights out)

Friday and Saturday August 4th – August 5th

5:45 a.m.	Wake up
6:00 a.m. - 6:45 a.m.	Morning Run (*On Site Intensive)
7:00 a.m.	Wake up (*All Other Campers)
7:30 a.m. 8:45 a.m	Breakfast
8:30-9:00 a.m.	Commuter Drop-off (Lake Swan Camp 647 FL-26, Melrose, Florida 32666)
9:00 to 11:00 a.m.	Morning Session
11:30 to 12:30 p.m.	Lunch (*Commuter will also get lunch)



12:30 to 1:30 p.m.	Intensive Cross-train workout
2:00 to 4:00 p.m.	Afternoon Session
4:00-4:30 p.m.	Commuter Pick-up (Lake Swan Camp 647 FL-26, Melrose, Florida 32666)
5:00 to 6:15 p.m.	Dinner
7:00 to 9:00 p.m.	Evening Session
9:00 to 10:00 p.m. for Sale)	Evening Recreation and Free-time (Camp Store: *Gear, Pizza, Water, Gatorade
10:00 p.m.	Curfew (10:45 p.m. room/bed-checks; 11:00 p.m. lights out)

Sunday, August 6th

7:00 a.m.	Wake up (*All Other Campers)
7:30 a.m. 8:45 a.m.	Breakfast
8:30-9:00 a.m.	Commuter Drop-off (Lake Swan Camp 647 FL-26, Melrose, Florida 32666)
9:00 a.m. – 12:00 p.m.	Session 9 Takedown Tournament
12:30 to 1:00 p.m.	Camp Awards, Conclusion of Camp and Commuter Pick-up (Lake Swan Camp 647 FL-26, Melrose, Florida 32666)

Conclusion of Camp, Commuter Pick-Up (Lake Swan Camp 647 FL-26, Melrose, Florida 32666)

***Campers should bring the following wrestling equipment:

shoes, kneepads, headgear, plenty of practice clothing, and running shoes.