

# 2017 Pitt Wrestling Technique Camp

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## Camp Schedule

### Friday, June 30, 2017

9:00 – 10:00 AM	Registration/Check-In, Fitzgerald Fieldhouse Wrestling Room
10:00 – 11:30 PM	Session 1 (Technique Focus), Fitzgerald Fieldhouse
11:45 – 12:45 PM	Lunch (Bring your own)
1:00 – 1:45 PM	Organized Recreational Time/ Speech from Coaches
2:00 – 3:30 PM	Session 2 (Structured Drills, Live, and Conditioning), Fitzgerald Fieldhouse
3:30 – 4:00 PM	Pick Up

### Saturday, July 1, 2017

10:00 – 11:30 PM	Session 3 (Technique Focus), Fitzgerald Fieldhouse
11:45 – 12:45 PM	Lunch (Bring your own)
1:00 – 1:45 PM	Organized Recreational Time / Speech from Pitt Athletes
2:00 – 3:30 PM	Session 4 (Structured Drilling, Live, and Conditioning), Fitzgerald Fieldhouse
3:30- 4:00 PM	Pick Up

### Sunday, July 2, 2017

10:00 – 11:30 PM	Session 5 (Technique Focus), Fitzgerald Fieldhouse
11:30 – 12:30 PM	Lunch (Bring your own)
12:30 – 1:30 PM	Organized Recreational Time
1:30 – 3:00 PM	Session 6 (Live Wrestling and Conditioning), Fitzgerald Fieldhouse
3:00 – 3:15 PM	Closing Camp Remarks/ Q&A
3:15 – 4:00 PM	Checkout and Pick Up