



# Stevens Institute of Technology Wrestling Camps - Weekly Schedule

Intensive Camp (July 5-11th) ➔

Technique Camp (July 5-8th) ➔

Competition Camp (July 8-11th) ➔

Sunday 7/5/09	Monday 7/6/2009	Tuesday 7/7/2009	Wednesday 7/8/2009	Thursday 7/9/2009	Friday 7/10/2009	Saturday 7/11/2009			
<p><b>Stevens Wrestling Camps</b></p> <p>Please bring all necessary bedding/pillows.</p> <p>Registration from 3-5pm at Schaefer Gym Lower level by turf field (Hoboken side)</p> <p>All campers will have a private key to their room. A strict "lost key" charge of \$75 will be assessed to all campers who lose keys.</p> <p>Please ensure your campers understand the importance of keeping their keys and personal items safe.</p> <p><b>Intensive and Technique Camp Check-In 3-5pm</b></p> <p><b>Safety &amp; Rules Meeting in Wrestling Room 5-5:45pm</b></p> <p><b>PIZZA SOCIAL and Movie in ATC Babio Auditorium 8:30-10:30pm</b></p>	Wake Up - 6:15am (Intensive Camp Only)	Wake Up - 6:15am (Intensive Camp Only)	Wake Up - 6:15am (Intensive Camp Only)	Wake Up - 6:15am (Intensive Camp Only)	Wake Up - 6:15am (Intensive Camp Only)	Wake Up - 6:15am (Intensive Camp Only)			
	Morning Conditioning or Strength Session 6:30-7:30 (Intensive)	Morning Conditioning or Strength Session 6:30-7:30 (Intensive)	Morning Conditioning or Strength Session 6:30-7:30 (Intensive)	Morning Conditioning or Strength Session 6:30-7:30 (Intensive)	Morning Conditioning or Strength Session 6:30-7:30 (Intensive)	Morning Conditioning or Strength Session 6:30-7:30 (Intensive)	Morning Conditioning or Strength Session 6:30-7:30 (Intensive)		
	7am Wake (Tech Camp) Breakfast 7:30am	7am Wake (Tech Camp) SIT Breakfast 7:30am	7am Wake (Tech Camp) Breakfast 7:30am	7am Wake (Comp Camp) SIT Breakfast 7:30am	7am Wake (Comp Camp) SIT Breakfast 7:30am	7am Wake (Comp Camp) Breakfast 7:30am	7am Wake (Comp Camp) Breakfast 7:30am		
	Prep for Morning Session - Camp Store available for Duck Gear, Laundry and Snacks								
	Session 2 8:45-11:15am	Session 5 8:45-11:15am	Session 8 8:45-11:15am	Session 11 8:45-11:15am	Session 14 8:45-11:15am	Session 17 8:45-11:15am			
	Shower and Prep for Lunch - Camp Store Open								
	LUNCH 12:00pm SUBWay	LUNCH 12:00pm Stevens	LUNCH 12:00pm SUBWay (Tech Camp Check-Out)	LUNCH 12:00pm Stevens	LUNCH 12:00pm SUBWay	<p><b>Check-In/Out Info</b></p> <p>Please be prompt to have your campers checked out by Noon on (Sat for Intensive &amp; Competition Campers and Wednesday for Technique Campers).</p> <p>All bedding and gear will be at the ATC/Wrestling Room ready for pickup by the beginning of the morning session.</p> <p>Drop off and Pickup parking available in Stevens 8th Street Parking Lot.</p>			
	Prep for Afternoon Session - Camp Store Open and Counselors/Coaches Available for Extra Help								
	Field Games/Video/Rest 1-3pm Camp Store Open	Field Games/Video/Rest 1-3pm Camp Store Open	NOON Checkout for Technique Campers  3-5pm Check-in Competition Camp	Field Games/Video/Rest 1-3pm Camp Store Open	Field Games/Video/Rest 1-3pm Camp Store Open			<p><b>STEVEN'S</b> Institute of Technology</p>	
	SESSION 3 3:00-5:00 PM	SESSION 6 3:00-5:00 PM	SESSION 9 3:00-5:00 PM (Intensive Camp Only)	SESSION 12 3:00-5:00 PM	SESSION 15 3:00-5:00 PM	<p><b>STEVEN'S</b> Institute of Technology</p>			
DINNER - 5:30pm	DINNER - 5:30pm	DINNER - 5:30pm	DINNER - 5:30pm	DINNER - 5:30pm	<p><b>STEVEN'S</b> Institute of Technology</p>				
Session 1 6-8pm	Session 4 7-9pm	Session 7 7-9pm	Session 10 7-9pm	Session 13 7-9pm			<p><b>STEVEN'S</b> Institute of Technology</p>		
PIZZA SOCIAL and Movie in ATC Babio Auditorium 8:30-10:30pm	Video Study/Movies or Swim Time 9-10:30pm Camp Store Available	Mental Training Clinic 9-10:30pm in Babbio Camp Store Available	Video Study/Movies or Swim Time 9-10:30pm Camp Store Available	Video Study/Movies or Swim Time 9-10:30pm Camp Store Available	<p><b>STEVEN'S</b> Institute of Technology</p>				
Bed Check and Lights Out									