

Jason Welch San Francisco Wrestling Camp 2024 Schedule

Location: San Francisco State University

Day 1 - Sunday - June 9

12:00-1:30 Check-in

1:30 - 3:30 Session #1 -- Technique

15-30 minute break

4:00-5:00 Session #2 - Drilling / Sparring / Live

5:00-5:30 Pickup

Day 2 - Monday - June 10

8:30-9:00 Drop-off

9:00 - 11:00 Session #1 -- Technique

11:00 - 12:00 Camp Talk / Staff Q&A / Workbook Session

Lunch

1:00 - 4:00 Jog / Walk to Ocean Beach for team building games

4:00-5:00 Session #2 - Drilling / Sparring / Live

5:00-5:30 Pickup

Day 3 - Tuesday - June 11

8:30-9:00 Drop-off

9:00 - 12:00 Session #1

Outdoor Practice on campus field + Games

Lunch

1:00 - 2:00 Workbook / 3-Demensional Training

2:00-4:00 Session #2 - Technique

4:00-5:00 Session #3 - Drilling / Sparring / Live

5:00-5:30 Pickup

Day 4 - Wednesday - June 12

8:30-9:00 Drop-off

9:00 - 11:00 Session #1 -- Technique

11:00 - 12:00 Camp Talk / Staff Q&A / Workbook Session

Lunch

1:00 - 2:30 Workbook Session

2:30-5:00 Session #2 Technique + Conditioning

5:00-5:30 Pickup

Day 5 - Thursday - June 13

8:30-9:00 Drop-off

9:00 - 11:00 Session #1 -- Technique

11:00 - 12:00 Camp Talk / Staff Q&A / Workbook Session

Lunch

1:00 - 5:00 Takedown Tournament

****If tournament ends early, we will do technique session until pickup****

5:00-5:30 Pickup