

Camp Schedule

Army Nat. Guard

June 18-20 2018

Day 1 June 18

8:15-9:00 Check in
9:00-11:00 Session #1
Hour lunch break-(Campers
Should pack their own lunch)
12:00-12:30 Group Discussion
12:30-2:00 Session #2
2:15-4:00 Session #3

****Please pack your own lunch****
****Group Discussion Topics: Diet and Nutrition, sports psychology, college wrestling, the student-athlete life, and so on.****

Day 2 June 19

9:00-11:00 Session #1
Hour lunch break-(Campers
Should pack their own lunch)
12:00-12:30 Group Discussion
12:30-2:00 Session #2
2:15-4:00 Session #3

Day 3 June 20

9:00-11:00 Session #1
Hour lunch break-(Campers
Should pack their own lunch)
12:00-12:30 Group Discussion
12:30-2:00 Session #2
2:15-4:00 Session #3