

Jason Welch Tahoe Camp Summer 2024 Schedule

Day 1 - Sunday - July 14

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 - July 15

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 Hike to Fallen Leaf Lake
4:00-5:00 Session #2 - Drilling / Sparring / Live
5:00-5:30 Pickup

Day 3 - Tuesday - July 16

8:30-9:00 Drop-off
9:00 - 12:00 Session #1
Beach Wrestling: Rules Clinic + Outdoor Practice on 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 - July 17

8:30-9:00 Drop-off
9:00 - 11:00 Session #1
11:00 - 12:00 Camp Talk / Staff Q&A / Workbook
Lunch
1:00 - 4:00 Beach Day Lake Tahoe
4:00-5:00 Play Wrestling and/or Review Technique
5:00-5:30 Pickup

Day 5 - Thursday - July 18

Chris Little Memorial Beach Wrestling Championships

8:00 - 12:00 Wrestling (exact location on South Shore TBA)

Possible Location Updates based on water levels and sand quality

Possible takedown tournament at South Lake Tahoe High School

Family & friends welcome to watch and hang out

**2023 was Timber Cove*

Pickup 12:00 - 1:30 from South Shore Lake Tahoe OR South Tahoe HS