

2019 ALWAYS AGGRESSIVE TOP CAMP ITINERARY

DAY 1: THURSDAY, JUNE 20

TIME	EVENT	LOCATION
2 - 4 p.m.	Check in	Cary Quad, Northeast Formal Lounge
4 - 4:30 p.m.	**MANDATORY** Camp orientation meeting	Cary Quad, Northeast Formal Lounge
<i>After check in or after orientation meeting, campers may leave Cary Quad with parent/guardian to get snacks for the duration of camp or a meal, supper will not be provided.</i>		
6:45 p.m.	Campers meet counselors, walk to Purdue Wrestling Room	Cary Quad, Northeast Formal Lounge
7 - 9 p.m.	Session 1 <i>Breakdowns to cross-wrist, to one-on-one; break opponent down to belly and feed wrist, live wrestling last 30 minutes</i>	Purdue Wrestling Room
10:30 p.m.	Bed check	Cary Quad
11 p.m.	Lights out	Cary Quad

DAY 2: FRIDAY, JUNE 21

TIME	EVENT	LOCATION
7 - 8 a.m.	Breakfast	Ford Dining Center
8:45 a.m.	Meet, walk to Purdue Wrestling Room	Cary Quad, Northeast Formal Lounge
8:50 a.m.	Commuter campers report to Purdue Wrestling Room <i>Please enter Lambert Fieldhouse through west doors along John R. Wooden Drive</i>	
9 - 11 a.m.	Session 2 <i>9 - 9:10 a.m. // Purdue sports medicine overview on importance of hydration and nutrition while at camp Tilts: cross-wrist, 2-on-1, re-bar Sports game 10:45 - 11 a.m. // Informational talk from select Purdue Wrestling staff</i>	Purdue Wrestling Room
11:30 a.m. - 12:45 p.m.	Lunch	Ford Dining Center
1:45 p.m.	Meet, walk to Purdue Wrestling Room	Cary Quad, Northeast Formal Lounge
2 - 3:30 p.m.	Session 3 <i>Leg riding and turns, hand fighting, live wrestling last 30 minutes</i>	Purdue Wrestling Room
3:30 - 4 p.m.	Observe Purdue Wrestling workout	Purdue Wrestling Room
4:30 - 6 p.m.	Supper	Ford Dining Center
6:45 p.m.	Meet, walk to Purdue Wrestling Room	Cary Quad, Northeast Formal Lounge
7 - 8:45 p.m.	Session 4 <i>Transition turns</i>	Purdue Wrestling Room
8:45 - 9 p.m.	Games	Purdue Wrestling Room
10:30 p.m.	Bed check	Cary Quad
11 p.m.	Lights out	Cary Quad

2019 ALWAYS AGGRESSIVE TOP CAMP ITINERARY

DAY 3: SATURDAY, JUNE 22

TIME	EVENT	LOCATION
7 - 8 a.m.	Breakfast.....	Ford Dining Center
8:45 a.m.	Meet, walk to Purdue Wrestling Room	Cary Quad, Northeast Formal Lounge
8:50 a.m.	Commuter campers report to Purdue Wrestling Room <i>Please enter Lambert Fieldhouse through west doors along John R. Wooden Drive</i>	
9 - 11 a.m.	Session 5 <i>Hard to win positions: sit-out, crab ride, tripod, rear standing, sports game last 30 minutes</i>	Purdue Wrestling Room
11:30 a.m. - 12:45 p.m.	Lunch.....	Ford Dining Center
1:45 p.m.	Meet, walk to Purdue Wrestling Room	Cary Quad, Northeast Formal Lounge
2 - 3:30 p.m.	Session 6 <i>Cradles: crossface cradle, near-side cradle, live wrestling last 30 minutes</i>	Purdue Wrestling Room
3:30 - 4 p.m.	Purdue Athletics facility tour	
4:30 - 6 p.m.	Supper	Ford Dining Center
6:45 p.m.	Meet, walk to Purdue Wrestling Room	Cary Quad, Northeast Formal Lounge
7 - 9 p.m.	Session 7 <i>Hammer-lock position (arm on back), sports game last 15 minutes</i>	Purdue Wrestling Room
10:30 p.m.	Bed check	Cary Quad
11 p.m.	Lights out.....	Cary Quad

DAY 4: SUNDAY, JUNE 23

TIME	EVENT	LOCATION
7 - 8 a.m.	Breakfast.....	Ford Dining Center
8:45 a.m.	Meet, walk to Purdue Wrestling Room	Cary Quad, Northeast Formal Lounge
8:50 a.m.	Commuter campers report to Purdue Wrestling Room <i>Please enter Lambert Fieldhouse through west doors along John R. Wooden Drive</i>	
9 - 10:30 a.m.	Session 8 <i>Top drills: breakdown base drill, keep opponent on belly, floating, mat returns, several turns in a row</i>	Purdue Wrestling Room
11 a.m. - 12 p.m.	Lunch.....	Ford Dining Center
12:45 p.m.	Meet, walk to Purdue Wrestling Room	Cary Quad, Northeast Formal Lounge
1 - 2:30 p.m.	Session 9 <i>Warm up, rideout tournament, review, motivational speech about lifestyle, Q&A session</i>	Purdue Wrestling Room
3 - 4 p.m.	Check out.....	Cary Quad, Main Office

All times are ET; schedule subject to change during camp