

2019 TAKEDOWN CAMP ITINERARY

DAY 1: THURSDAY, JUNE 27

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>Stance, level change, head position, penetration, double legs, high crotch, finishes, 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 28

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 High singles, sweep singles, low singles and all finishes; near arm far leg, fireman's carry 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>How to hand fight, control ties; push, pull, snap, circle, create angles; other setups: posting, chopping, drags, pressure hand fight drill; 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 - 9 p.m.	Session 4 <i>Baseline defense counter offense, front headlock, games last 15 minutes</i>	Purdue Wrestling Room
10:30 p.m.	Bed check	Cary Quad
11 p.m.	Lights out.....	Cary Quad

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DAY 3: SATURDAY, JUNE 29

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>Underhook offense: throwby, far knee tap, pump fake to front headlock, high crotch, double leg, ankle pick, 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>Finishing from tough positions: high crotch crackdown, keylock position, tree top position, easy in/hard out drill, 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>Upper body throws: headlocks, arm spin, arm throw, hip toss, inside trip, games 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 30

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>Shrugs, slide by, duck unders, chain wrestling drill</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, execution drilling, takedown 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