

# 2019 TECHNIQUE CAMP ITINERARY

## DAY 1: SUNDAY, JUNE 23

TIME	EVENT	LOCATION
2 - 4 p.m.	Check in	Cary Quad, Northeast Formal Lounge
4 - 4:30 p.m.	<b>**MANDATORY**</b> 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
<b>7 - 9 p.m.</b>	<b>Session 1</b> <i>Stance, level change, head position, penetration, high-crotch, double legs, finishes; live wrestling, goal setting last 30 minutes</i>	<b>Purdue Wrestling Room</b>
10:30 p.m.	Bed check	Cary Quad
11 p.m.	Lights out	Cary Quad

## DAY 2: MONDAY, JUNE 24

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>	
<b>9 - 11 a.m.</b>	<b>Session 2</b> <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 and fireman's carry, sports game last 30 minutes</i>	<b>Purdue Wrestling Room</b>
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
<b>2 - 3:30 p.m.</b>	<b>Session 3</b> <i>Hand fighting, creating angles on your attacks, posting, chopping and drags; baseline defense and counter offense; hand fighting; live wrestling last 30 minutes</i>	<b>Purdue Wrestling Room</b>
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
<b>7 - 9 p.m.</b>	<b>Session 4</b> <i>Breakdowns to turns; tight-waist chop, spiral ride, ankle pick, tilts, wrist rides, arm bars, games last 15 minutes</i>	<b>Purdue Wrestling Room</b>
10:30 p.m.	Bed check	Cary Quad
11 p.m.	Lights out	Cary Quad

# 2019 TECHNIQUE CAMP ITINERARY

## DAY 3: TUESDAY, JUNE 25

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>	
<b>9 - 11 a.m.</b>	<b>Session 5</b> <i>Cradles, leg turks, crab ride</i> <i>10:45 - 11 a.m. // Informational talk from select Purdue Wrestling staff</i>	<b>Purdue Wrestling Room</b>
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
<b>2 - 3:30 p.m.</b>	<b>Session 6</b> <i>Leg riding, breakdowns, turns, live wrestling last 30 minutes</i>	<b>Purdue Wrestling Room</b>
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
<b>7 - 9 p.m.</b>	<b>Session 7</b> <i>Stand-ups, sit out, head post, knee slide, games last 15 minutes</i>	<b>Purdue Wrestling Room</b>
10:30 p.m.	Bed check	Cary Quad
11 p.m.	Lights out	Cary Quad

## DAY 4: WEDNESDAY, JUNE 26

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>	
<b>9 - 10:30 a.m.</b>	<b>Session 8</b> <i>Getting out of legs, crab rides, back hooks, ankle picks</i>	<b>Purdue Wrestling Room</b>
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
<b>1 - 2:30 p.m.</b>	<b>Session 9</b> <i>Upper body throws, head locks, arm spins, hip toss, inside trip, review, motivational speech about lifestyle, Q&amp;A session</i>	<b>Purdue Wrestling Room</b>
3 - 4 p.m.	Check out	Cary Quad, Northeast Formal Lounge

All times are ET; schedule subject to change during camp