

2025 TAKEDOWN CAMP ITINERARY

DAY 1: THURSDAY, JUNE 19

TIME	EVENT	LOCATION
3 - 5 p.m.	Check in	Cary Quad, Dorm Lounge
5 - 5:30 p.m.	**MANDATORY** Camp orientation meeting	Cary Quad, Spitzer Courtyard
4:30 - 6 p.m.	Dinner <i>Parents/Guests may join at dining hall at \$12 per person, pay at entrance to dining hall</i>	Ford Dining Center
6:45 p.m.	Campers meet counselors, walk to Purdue Wrestling Room	Cary Quad, Spitzer Courtyard
7 - 9 p.m.	Session 1: Leroy Vega <i>Stance, level change, head position, penetration, high-crotch, double legs, finishes; live wrestling, goal setting 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 20

TIME	EVENT	LOCATION
7 - 8 a.m.	Breakfast	Ford Dining Center
8:45 a.m.	Meet, walk to Purdue Wrestling Room	Cary Quad, Spitzer Courtyard
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: Joey Blaze & James Rowley <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>	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, Spitzer Courtyard
2 - 4 p.m.	Session 3: Jake Sueflohn <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
4:30 - 6 p.m.	Dinner	Ford Dining Center
6:45 p.m.	Meet, walk to Purdue Wrestling Room	Cary Quad, Spitzer Courtyard
7 - 9 p.m.	Session 4: Jake Sueflohn <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

2025 TAKEDOWN CAMP ITINERARY

DAY 3: SATURDAY, 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, Spitzer Courtyard
8:50 a.m.	Commuter campers report to Purdue Wrestling Room Please enter Lambert Fieldhouse through west doors along John R. Wooden Drive	
9 - 11 a.m.	Session 5: Matt Ramos <i>Shrugs, slide-by, duck unders, chain wrestling drill</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, Spitzer Courtyard
2 - 4 p.m.	Session 6: Leroy Vega <i>Finishing from tough positions: high crotch crackdown, keylock position, tree top position, easy in/hard out drill, observe wrestling practice last 30 minutes</i>	Purdue Wrestling Room
4:30 - 6 p.m.	Dinner	Ford Dining Center
6:45 p.m.	Meet, walk to Purdue Wrestling Room	Cary Quad, Spitzer Courtyard
7 - 9 p.m.	Session 7: Matt Ramos <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 22

TIME	EVENT	LOCATION
7 - 8 a.m.	Breakfast	Ford Dining Center
8:45 a.m.	Meet, walk to Purdue Wrestling Room	Cary Quad, Spitzer Courtyard
8:50 a.m.	Commuter campers report to Purdue Wrestling Room Please enter Lambert Fieldhouse through west doors along John R. Wooden Drive	
9 - 10:30 a.m.	Session 8: Tony Ersland <i>Underhook offense: throw-by, far-knee tap, pump fake to front headlock, high crotch, double leg, ankle pick</i>	Purdue Wrestling Room
11 a.m.	Check out	Cary Quad, Dorm Lounge

All times are ET; schedule subject to change during camp