

2025 TECHNIQUE CAMP ITINERARY

DAY 1: MONDAY, JUNE 16

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: Tony Ersland <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: TUESDAY, JUNE 17

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: Leroy Vega <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>	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 - 3:30 p.m.	Session 3: Jake Sueflohn <i>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
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: Matt Ramos <i>Breakdowns to turns; tight-waist chop, spiral ride, ankle pick, tilts, wrist rides, arm bars, games last 15 minutes</i>	Purdue Wrestling Room
10:30 p.m.	Bed check	Cary Quad
11 p.m.	Lights out	Cary Quad

2025 TECHNIQUE CAMP ITINERARY

DAY 3: WEDNESDAY, JUNE 18

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 Stand-ups, sit out, head post, knee slide, games last 15 minutes	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 - 3:30 p.m.	Session 6: Jake Sueflohn Getting out of legs, crab rides, back hooks, ankle picks	Purdue Wrestling Room
3:30 - 4 p.m.	Purdue Athletics facility tour	
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: Joey Blaze & James Rowley Leg riding, breakdowns, turns, live wrestling last 30 minutes	Purdue Wrestling Room
10:30 p.m.	Bed check	Cary Quad
11 p.m.	Lights out	Cary Quad

DAY 4: THURSDAY, JUNE 19

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: Leroy Vega Cradles, leg turks, crab ride 10:45 - 11 a.m. // Informational talk from select Purdue Wrestling staff	Purdue Wrestling Room
11 a.m.	Check out	Cary Quad, Dorm Lounge

All times are ET; schedule subject to change during camp