



www.JerseyFreshWrestling.com

Jersey Fresh Wrestling

Intensive Challenge

Check in – July 17th - 2pm – Rider University Student Recreation Center Lobby

Check out – July 23rd – 12noon – Assigned Dormitory

5:45 am	Wake Up
6:00 am	Morning Run/Workout
7:15 am	Breakfast
8:45 am	Technique Session
10:00 am	Live Wrestling Session
12:00 pm	Lunch
1:30 pm	Technique Session
3:00 pm	Live Wrestling Session
5:00 pm	Dinner
7:30 pm	Lifting/Running Session
9:00 pm	Open Recreation
10:30 pm	Room Check
11:00 pm	Lights Out

