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[www.JerseyFreshWrestling.com](http://www.JerseyFreshWrestling.com)

Jersey Fresh Wrestling

Technique Camp

Check in – July 5<sup>th</sup> – 2pm – Rider University Student Recreation Center Lobby

Check out – July 9<sup>th</sup> – 12noon – Assigned Dormitory

7:30 am	Breakfast
8:30 am	Technique Session
10:00 am	Open Recreation
12:00 pm	Lunch
1:00 pm	Technique Session
3:30pm	Game Tournament (week long)
5:00 pm	Dinner
7:00 pm	Wrestling Tournament (week long)
9:30 pm	Open Recreation
10:30pm	Room Check
11:00 pm	Lights Out

