

Cadet and Junior Greco Teams and Women's Jr FS Training Camp Schedule Announced

As the PA National Greco Teams and Women's Jr FS Team make preparation for National Team training camp at the University of Pittsburgh at Johnstown prepare to host our National team Training Camp. The schedule for training and Fargo for the Cadet and Junior Greco teams is now posted.

Those wrestlers that qualified at States or Regionals are preparing for the intense PA Team Training Camp. Below is the posted schedule for UPJ National Team Training Camp and mini camp in Fargo and Competition for Cadet GR, Junior GR and WMS Freestyle.

Day 1 (Sunday)

July 12 th 9:00 A.M. 10:30 A.M.	Cadet Greco Team : Check into camp, distribute team Gear
July 12 th 11:15 AM to 12:00	Lunch
July 12 th 12:15 AM- 1:30 P.M.	Training Session 1, Field House 6 full Mats
July 12 th 3:30 P.M. - 5:00 P.M.	Training Session 2, Field House 6 Full Mats
July 12 th 4:00 PM - 5:30 PM	Jr Greco & WMS FS Check into camp, pick up team gear
July 12 th 5:30 P.M. - 6:30 P.M.	Dinner
July 12 th 7:00 P.M. - 8:15	Cadet & JR & WMS Training Session , Field House 6 Full Mats

Day 2 (Monday)

July 13 th 7:30 AM - 9:00 AM	Cadet & Jr Greco & WMS FS Morning Training Session
July 13 th 9:15 AM - 10:15 AM	Breakfast
July 13 th 11:30 AM - 1:15 AM	Cadet & Jr Greco & WMS FS Mid-Day training Session
July 13 th 1:30 PM - 2:30 PM	Lunch
July 13 th 3:30 PM - 5:00 PM	Cadet & Jr Greco & WMS FS Afternoon training Session
July 13 th 5:15 PM - 6:15 PM	Dinner
July 13 th 6:30 PM - 8:00 PM	Cadet & JR Greco & WMS FS Evening Training Session

Day 3 (Tuesday)

July 14 th 7:30 AM - 9:00 AM	Cadet & Jr Greco & WMS FS Morning Run
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July 14 th 9:15 AM - 10:15 AM	Breakfast
July 14 th 11:30 AM - 1:15 AM	Cadet & Jr Greco & WMS FS Mid Day training Session
July 14 th 1:30 PM - 2:30 PM	Lunch
July 14 th 3:30 PM - 5:00 PM	Cadet & Jr Greco & WMS FS Afternoon training Session
July 14 th 5:15 PM - 6:15 PM	Dinner
July 14 th 6:30 PM - 8:00 PM	Cadet & JR Greco & WMS FS Evening Training Session

Day 4 (Wednesday)

July 15 th 7:30 AM - 9:00 AM	Cadet & Jr & WMS FS Greco Morning Training Session
July 15 th 9:15 AM - 10:15 AM	Breakfast
July 15 th 11:30 AM - 1:15 AM	Cadet & Jr Greco & WMS FS Mid-Day training Session
July 15 th 1:30 PM - 2:30 PM	Lunch
July 15 th 3:30 PM - 5:00 PM	Jr Greco Afternoon training Session----Cadet Check out of dorms, pack for trip, Cadets Load Bus at 4:00 PM Depart
July 15 th 5:15 PM - 6:15 PM	Dinner
July 15 th 6:30 PM - 8:00 PM	JR Greco & Women's FS Evening Training Session

Day 4 (Thursday)

July 16 th 7:30 AM - 9:00 AM	Jr Greco Morning Training Session
July 16 th 9:15 AM - 10:15 AM	Breakfast
July 16 th 12:00 NOON	Cadet GR Arrive in Fargo- Workout at Bison Center
July 16 th 11:30 AM - 1:15 AM	Jr Greco & WMS FS Mid-Day training Session
July 16 th 1:30 PM - 2:30 PM	Lunch
July 16 th 2:00 PM - 3:00 PM	Cadet GR check into rooms
July 16 th 3:30 PM - 4:00 PM	Jr Greco & WMS FS Check out of dorms, pack for trip, JR's Load Bus at 4:00 PM Depart for Fargo

Day 5 (Friday)

July 17 th 7:30 AM - 8:30 AM	Breakfast
July 17 th 9:00 AM - 10:00 AM	Cadet Greco Morning Training Session-Bison Center
July 17 th 12:00 NOON	Jr Greco & WMS FS arrive in Fargo Workout at Bison Center
July 17 th 1:30 PM - 2:30 PM	Lunch on your own
July 17 th 4:00 PM - 5:00 PM	Cadet & Jr Greco & WMS FS Afternoon training Session-Bison
July 17 th 5:15 PM - 6:15 PM	Dinner (on your own)
July 17 th 6:30 PM - 8:00 PM	Cadet GR Weight Management Session

Day 6 (Saturday)

July 18 th 7:00 AM - 7:20 AM	Cadet GR Medical Check and Weigh-in
July 18 th 9:00 AM - 10:00 AM	JR GR and WMS FS Morning Workout at Bison Center
July 18 th 9:30 AM - 1:30 PM	Cadet GR Session 1 Competition - FARGODOME
July 18 th 3:30 PM - 7:30 PM	Cadet GR Session 2 Competition - FARGODOME
July 18 th 4:00 PM - 5:00 PM	JR GR and WMS FS Afternoon Workout at Bison Center
July 18 th 6:30 PM - 8:00 PM	JR GR Weight Management Session

Day 7 (Sunday)

July 19 th 7:00 AM - 7:20 AM	JR GR Medical Check and Weigh-in
July 19 th 9:00 AM - 10:00 AM	WMS FS Morning Workout at Bison Center
July 19 th 9:30 AM - 1:30 PM	JR GR Session 1 Competition - FARGODOME
July 19 th 1:30 PM - 1:40 PM	Cadet GR Medical Check 2 nd Weigh-in (+2 lbs)
July 19 th 3:30 PM - 7:30 PM	Cadet GR & JR GR Competition - FARGODOME
July 19 th 4:00 PM - 5:00 PM	Cadet FS & WMS FS Afternoon Workout at Bison Center
July 19 th 6:30 PM - 8:00 PM	JR GR Weight Management Session

Day 8 (Monday)

July 20 th	7:00 AM - 7:25 AM	WMS FS Medical Check and Weigh-in
July 20 th	7:00 AM - 7:10 AM	JR GR Medical Check 2nd Weigh-in (+2 lbs)
July 20 th	9:00 AM - 10:00 AM	Cadet & JR Freestyle Workout Bison Center
July 20 th	9:00 AM - 2:00 PM	JR GR, Cadet GR and WMS FS Competition
July 20 th	3:00 PM - 5:00 PM	WMS FS Medal Matches and Finals
July 20 th	3:00 PM - 5:00 PM	Cadet & JR Freestyle Workout Bison Center
July 20 th	5:30 PM - 9:00 PM	Cadet GR Medal Matches and Finals & Awards

Day 9 (Tuesday)

July 21 st	9:00 AM - 12:00 PM	JR GR Medical Check 2nd Weigh-in (+2 lbs)
July 21 st	9:00 AM - 10:00 AM	Cadet & JR Freestyle Workout Bison Center
July 21 st	3:00 - 6:30 PM	JR GR Finals, Medal Matches Awards
July 21 st	4:00 - 5:00 PM	Cadet & JR FS Workout at Bison Center
July 21 st	7:00 PM	Greco Only and WMS FS Bus Departs for PA

