

AIS Wrestling Camp Provisional Schedule

Friday 7 April

5pm	Arrival participants
5:30-7pm	On-mat training session
7:30pm	Dinner

Saturday 8 April

7am	Breakfast
8-9:30am	On-mat training session
10-12	Snack, rest
12-1:30pm	On- mat training session
1:30pm	Lunch
2pm	Discussion re competition opportunities in wrestling
4-6pm	On-mat training session
6:45pm	Dinner
8-9pm	Recovery (venue TBA)

Sunday 9 April

8:30am	Breakfast
10am	On-mat training session
12pm	Lunch
Afternoon	Departure home