

2023 Malecek Team Wrestling - Camp Schedule

SCHEDULE: FINAL



MONDAY, JUNE 26

(Waterpark open 10-9)

2:00 - 5:00 PM	Weigh-ins/skin checks	Woodside Center
3:00 - 5:30 PM	Camp check-in (<i>Head Coaches only</i>)	Woodside Center Upper Level
6:00 - 6:15 PM	Coaches meeting	Woodside Center Upper Level
6:30 - 9:00 PM	2 Duals All boys teams	Woodside Center
6:30 - 8:30 PM	Challenge mat	Woodside Center
6:30 - 9:00 PM	Dual/s: ALL girls teams	Woodside Center
9:00 - 10:00 PM	Meal	Riverview North & South
11:00 PM	Lights out	

TUESDAY, JUNE 27

(Waterpark open 10-9)

7:00 - 8:00 AM	Meal	Riverview North & South
7:00 AM	Wrestling facility open	Woodside Center
9:00 - 11:00 AM	2 Duals: All boys teams	Woodside Center
9:00 - 11:00 AM	2 Duals: All girls teams	Woodside Center
9:00 - 11:00 AM	Challenge mat open	Woodside Center
11:30 - 12:30 PM	Meal	Riverview North & South
2:30 - 3:30 PM	Technique (all athletes & coaches)	Woodside Center
3:30 - 4:45 PM	Team Building/Technique 1/2 teams - Team Building 1/2 teams - Technique w/Lead Clinicians	Woodside Center
5:00 - 6:00 PM	Meal	Riverview North & South
6:00 - 10:00 PM	All Star Dual: boys	Woodside Center
6:00 - 10:00 PM	Individual tournament: boys	Woodside Center
6:00 - 10:00 PM	Individual tournament: girls	Woodside Center
11:00 PM	Lights out	

WEDNESDAY, JUNE 28

(Waterpark open 10-9)

7:00 - 8:00 AM	Meal	Riverview North & South
7:00 AM	Wrestling facility open	Woodside Center
9:00 - 10:00 AM	Coach session-All Head Coaches w/Dave Malecek)	Woodside Center
9:00 - 10:00 AM	Technique (all athletes & assistant coaches)	Woodside Center
10:00-11:15AM	Team Building/Technique 1/2 teams - Team Building 1/2 teams - Technique w/Lead Clinicians	Woodside Center
11:30 - 12:30 PM	Meal	Riverview North & South
2:30 - 5:30 PM	2 Duals: All boys teams	Woodside Center
2:30 - 5:30 PM	2 Duals: All girls teams	Woodside Center
2:30 - 5:30 PM	Challenge mat open	Woodside Center
5:30 - 6:30 PM	Meal	Riverview North & South
5:30 - 8:30 PM	Coach's Golf Outing	Resort Golf Course
7:00 - 10:00 PM	Free time	
8:00 - 11:00 PM	Coaches social	Resort Golf Clubhouse
11:00 PM	Lights out	

THURSDAY, JUNE 29

(Waterpark open 10-7)

7:00 - 8:00 AM	Meal	Riverview North & South
7:00 AM	Wrestling Facility Open	Woodside Center
7:30 - 8:15 AM	Team photos	Woodside Center
8:30 - 11:30 AM	2 Duals: All boys teams	Woodside Center
8:30 - 11:30 AM	2 Duals: All girls teams	Woodside Center
8:30 - 11:30 AM	Challenge mat open	Woodside Center
11:30-12:30pm	Resort check out	Resort