

East Wrestling Summer Camp June 2018

SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 Wk 1 Summer Lifting 9:00-10:30 a.m.	19 Wk 1 Summer Lifting 4:30-5:30 p. m. & then Summer League Wrestling 6:00-8:30	20	21 Wk 1 Summer Lifting 9:00-10:30 a.m.	22	23
24	25 Wk 2 Summer Lifting 9:00-10:30 a.m. Plainfield North Summer Camp Time 2:00-4: 00	26 Wk 2 Summer Lifting 9:00-10:30 a.m. Plainfield North Summer Camp 2:00-4:00	27 Plainfield North Camp 2:00-4:00	28 Wk 2 Summer Lifting 9:00-10:30 a.m. And Plainfield North Summer Camp 2:00-4:00	29	30

NOTES

Summer Points: ISI Camp-100 pts. Summer Lifting 40 pts. Freestyle/Greco Matches 1pt per match. Summer League 10 pts per week. Frosh-Soph state series: 10 pts per round. Plainfield North Camp 40 pts all four days.

East Wrestling Summer Camp July

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3	4	5	6	7
No workouts This week						
8	9	10	11	12	13	14
Team ISI-Team Camp Bloomington, IL						
15	16 Wk 3 Summer Lifting 9:00-10:30 a.m.	17 Wk 3 Summer Lifting 4:00-5:30 p. m. & then Summer League Wrestling 6:00-8:30	18	19 Wk 3 Summer Lifting 9:00-10:30 a.m.	20	21
22	23 Wk 4 Summer Lifting 9:00-10:30 a.m.	24 Wk 4 Summer Lifting 4:00-5:30 p. m. & then Summer League Wrestling 6:00-8:30	25	26 Wk 4 Summer Lifting 9:00-10:30 a.m. Summer Trip TBD	27	28
29	30	31				

NOTES

Incentives: Free-item from 2018 spirit wear 260pts. Paid Trip and Lunch @TBD 200pts. Summer T-Shirt 100 pts.