**2023 Nebraska Youth Camp**

**July 10 – 12, 2023**

Monday, July 10th, 2023

8:00-9:00am Check-in (Hendricks Training Complex)

9:00-10:00am Session 1 (Technique)

10:00-10:30am Games

10:30-11:30am Session 2 (Technique)

11:30-12:00pm Live Wrestling

12:00pm Pick up for day

Tuesday, July 11th, 2023

9:00-10:00am Session 1 (Technique)

10:00-10:30am Games

10:30-11:30am Session 2 (Technique)

11:30-12:00pm Live Wrestling

12:00pm Pick up for day

Wednesday, July 12th, 2023

9:00-10:00am Session 1 (Technique)

10:00-10:30am Games

10:30-11:30am Session 2 (Technique)

11:30-12:00pm Live Wrestling

12:00pm Pick up for day