**Tentative Team Camp Schedule**

**Monday**

3:00 – 5:00 pm Check – in (Harper Dining Conference Room – Camp Shirt/Weights)

5:30 pm Coaches Meeting

6:15 pm Walk over to Devaney Center

6:30 pm Organize on bleachers – Rules and Expectations at Camp

6:45 – 8:30 pm **Session I:** Instruction (Nebraska Coaches Will Organize Groups)

* Warm – up
* Stance & Motion/Position/Level Change/ Penetration/Singles/Double/High Crotch/Finishes/etc.

8:30 pm Walk Back to Dorms

10:30 pm Room Check

11:00 pm Lights – Out

**Tuesday**

8:00am Walk over to Devaney Center

8:30 – 10:30 am **Session II:** Instruction

* Warm – up with Stance/Level change/Penetration
* Review: Double/High Crotch
* Singles (low and high)/Duck/Firemen/Set – ups/Defense/Re – shot/Score off Front Headlock

10:30 – 11:00 am Jon Pfeifer – Strength & Conditioning Talk

* Lunch

12:30 pm Walk over to Devaney Center

1:00 ~ 3:00 pm **Session III:** Duals

3:00 pm Husker Workout

* Dinner

5:30 pm Walk over to Devaney Center

6:00 pm **Session IV:** Duals

10:30 pm Room Check

11:00 pm Lights – Out

**Wednesday**

8:00 am Walk over to Devaney Center

8:30 – 10:15 am **Session V:** Instruction

* Bottom/Change – Over/Rolls/Stand – Ups/Get out of Legs

9:30 – 10:30 am Coaches Round Table

10:15 – 11:00 am Robbie Trent – FCA

* Lunch

12:30 pm Walk over to Devaney Center

1:00 ~ 3:00 pm **Session VI:** Duals

3:00 pm Husker Workout

* Dinner

5:30 pm Walk over to Devaney Center

6:00 pm **Session VII:** Duals

10:30 pm Room Check

11:00 pm Lights – Out

**Thursday**

8:00 am Walk over to Devaney Center

8:30 – 10:30 am **Session VIII:** Instruction

* Breakdowns/Rides/Pin Holds

10:30 – 11:00 Guest Speaker

* Lunch

12:30 pm Walk over to Devaney Center

1:00 ~ 3:00 pm **Session IX:** Duals

3:00 pm Husker Workout

* Dinner

5:30 pm Walk over to Devaney Center

6:00 ~ 8:00 pm **Session X:** 1 Dual and the “All – Star Match”

10:30 pm Room Check

11:00 pm Lights – Out

**Friday**

8:00 am Walk over to Devaney Center

8:30 ~ 10:00 am Final Duals

10:00 – 11:00 am Check – Out