

## 2026 Spartan Regional Training Center Camps

### Girls Technique Camp

#### **Thursday, June 11**

2 pm-3 pm	Resident Check-in—EAST Hall (corner of College Ave and East Street)
3 pm-3:30 pm	Commuter Check-in--PERC
3:30 pm-5 pm	Technique Session #1- <b>(Rules &amp; Get weights for campers)</b>
5:30 pm-6:30 pm	Dinner
6:30 pm-8 pm	Technique Session #2-
8 pm-10 pm	Free Time
10 pm	Room Checks and Lights Out

#### **Friday, June 12**

8 am-9 am	Breakfast
9:30 am-10 am	Warm-up Activities <b>(MU wrestler to lead)</b>
10 am- 11:30 am	Technique Session #3-
12 pm-1:00 pm	Lunch
1 pm-2 pm	Campus Tour/Manchester admissions discussion <b>(Start &amp; End @ PERC)</b>
2:30 pm-4 pm	Technique Session #4-
5 pm-6:30 pm	Dinner
7 pm-8:30 pm	Dual Session #1-
8:30 pm-10 pm	Free Time
10 pm	Lights out

#### **Saturday, June 13**

8 am-9 am	Breakfast
9:30 am-10 am	Warm-up Activities <b>(MU wrestlers to lead)</b>
10 am- 11:30 am	Technique Session #5-
12 pm-1:00 pm	Lunch
2:30 pm-4 pm	Technique Session #6-
5 pm-6:30 pm	Dinner
7 pm-8:30 pm	Dual Session #2-
8:30 pm-10 pm	Free Time
10 pm	Lights out

#### **Sunday, June 14**

8 am-9 am	Breakfast
9 am-9:30	Clean up room and pack up belongings
9:30 am-11:00	Competition Champions Dual Session #3
11:00 am-12 pm	Check-out/Parents pick up at East Hall
11:00-12 pm	Optional College recruiting discussion (Parents invited)

**\*All sessions will be in the PERC-Aux Gym**