

2026 Spartan Regional Training Center Camps
Intensive Camp Master Schedule

Saturday, June 13-

12 pm-1:00 pm	Check in
2:30 pm-4 pm	Technique Session #1-
5 pm-6:30 pm	Dinner
7 pm-8:30 pm	Technique Session #2-
8:30 pm-10 pm	Free Time
10 pm	Lights out

Sunday, June 14

7 am- 9 am	Cardio/Lifting Education
8 am-9 am	Breakfast
9:30 am-11:00 am	Technique Session #3
12 pm-1:00 pm	Lunch
3:30 pm-5 pm	Technique Session #4-
5 pm-6:30 pm	Dinner
6:30 pm-8 pm	Technique Session #5-
8 pm-10 pm	Mindset Training
10 pm	Room Checks and Lights Out

Monday, June 15-

7 am -8 am	Cardio/Lifting Education
8 am-9 am	Breakfast
9:30 am-10 am	Warm-up Activities (MU wrestler to lead)
10 am- 11:30 am	Technique Session #6-
12 pm-1:00 pm	Lunch
1 pm-2 pm	Campus Tour/Manchester admissions discussion (Start & End @ PERC)
2:30 pm-4 pm	Technique Session #7-
5 pm-6:30 pm	Dinner
7 pm-8:30 pm	Dual Session #1-
8:30 pm-10 pm	Mindset Training
10 pm	Lights out

Tuesday, June 16-

7 am -8 am	Cardio/Lifting Education
8 am-9 am	Breakfast
9:30 am-10 am	Warm-up Activities (MU wrestlers to lead)
10 am- 11:30 am	Technique Session #8-
12 pm-1:00 pm	Lunch
2:30 pm-4 pm	Technique Session #9-
5 pm-6:30 pm	Dinner
7 pm-8:30 pm	Dual Session #2-
8:30 pm-10 pm	Mindset Training
10 pm	Lights out

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Wednesday, June 17-

7 am -8 am	Cardio/Lifting Education
8 am-9 am	Breakfast
9:30 am-10 am	Warm-up Activities (MU wrestlers to lead)
10 am- 11:30 am	Technique Session #10-
12 pm-1:00 pm	Lunch
2:30 pm-4 pm	Technique Session #11-
5 pm-6:30 pm	Dinner
7 pm-8:30 pm	Dual Session #3-
8:30 pm-10 pm	Mindset Training
10 pm	Lights out

Thursday, June 18

7 am-8 am	Cardio/Lifting Education
8 am-9 am	Breakfast
9:30 am-11:00	Technique Session #4
11:00 am-12 pm	Check-out/Parents pick up
11:00-12 pm	Optional College recruiting discussion (Parents invited)