

## **Jason Welch Tahoe Camp Summer 2023 Schedule**

### **Day 1 - July 9**

12:00-1:30 Check-in

1:30 - 3:30 Session #1 -- Technique

15-30 minute break.

4:00-5:00 Session #2 - Drilling / Sparring / Live

5:00-5:30 Pickup

### **Day 2 - Monday - July 10**

8:30-9:00 Drop-off

9:00 - 11:30 Session #1 -- Technique

11:30 - 12:00 Camp Talk / Staff Q&A / Workbook Session

Lunch

1:00 - 4:00 Hike to Fallen Leaf Lake, Cathedral Lake, or Floating Island Lake

4:00-5:00 Session #2 - Drilling / Sparring / Live

5:00-5:30 Pickup

### **Day 3 - Tuesday - July 11**

8:30-9:00 Drop-off

9:00 - 12:00 Session #1

\*Beach Wrestling: Rules Clinic + Outdoor Practice on field + Games\*

Lunch

1:00 - 2:00 Workbook / 3-Dimensional Training

2:00-4:00 Session #2 - Technique

4:00-5:00 Session #3 - Drilling / Sparring / Live

5:00-5:30 Pickup

### **Day 4 - Wednesday - July 12**

8:30-9:00 Drop-off

9:00 - 11:30 Session #1

11:30 - 12:00 Camp Talk / Staff Q&A / Workbook

Lunch

1:00 - 4:00 Beach Day Lake Tahoe

4:00-5:00 Workbook or Live Wrestling

5:00-5:30 Pickup

### **Day 5 - Thursday - July 13**

Chris Little Memorial Beach Wrestling Championships

8:00 - 12:00 Wrestling (exact location on South Shore TBA)

\*Possible Location Updates based on water levels and sand quality\*

\*Possible takedown tournament at South Lake Tahoe High School\*

Pickup 12:00 - 1:30 from South Shore Lake Tahoe