

**Jason Welch San Francisco Wrestling Camp 2025****Location: San Francisco State University, GYM 149****Day 1 - Sunday- June 15**

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 - June 16**

8:30-9:00 Drop-off

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

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

Lunch

1:00 - 2:00 Session #2 - Drilling / Sparring / Live

2:00-5:00 Jog / Walk to Ocean Beach for team building games

5:00-5:30 Pickup

**Day 3 - Tuesday - June 17**

8:30-9:00 Drop-off

9:00 - 12:00 Session #1 \*Outdoor Practice on campus 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 - June 18**

8:30-9:00 Drop-off

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

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

Lunch
1:00 - 2:30 Workbook Session
2:30-5:00 Session #2 Technique + Conditioning
5:00-5:30 Pickup
<b>Day 5 - Thursday- June 19</b>
8:30-9:00 Drop-off
9:00 - 11:00 Session #1 -- Technique
11:00 - 12:00 Camp Talk / Staff Q&A / Workbook Session
Lunch
1:00 - 2:00 Campus Tour
2:00- 4:00 Session #2 - Technique
4:00-5:00 Session #3 - games, etc
5:00-5:30 Pickup
<b>*Please pack your own lunch and snacks daily*</b>