

Jason Welch Tahoe Camp Summer 2025 Schedule
Day 1 - Sunday - July 13
12:30-1:30 Check-in
1:30 - 3:30 Session #1 -- Technique & Introductions
15-30 minute break
4:00-5:00 Session #2 - Drilling / Sparring / Live
5:00-5:30 Pickup
Day 2 - Monday - July 14
8:30-9:00 Drop-off
9:00 - 12:00 Session #1 -- Technique
Lunch *Provided by camp*
1:00 - 2:00 Camp Talk / Staff Q&A / Workbook Session
2:00 - 5:00 Hike to Fallen Leaf Lake
5:00-5:30 Pickup
Day 3 - Tuesday - July 15
8:30-9:00 Drop-off
9:00 - 12:00 Session #1
Beach Wrestling: Rules Clinic + Outdoor Practice on field + Games
Lunch *Provided by camp*
1:00 - 2:00 Workbook / 3-Demensional 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 16
8:30-9:00 Drop-off
9:00 - 11:00 Session #1
11:00 - 12:00 Camp Talk / Staff Q&A / Workbook
Lunch *Provided by camp*

1:00-2:00 Play Wrestling and/or Review Technique or Workbook TBA
2:00 - 5:00 Beach Day Lake Tahoe
5:00-5:30 Pickup
Day 5 - Thursday - July 17
8:30-9:00 Drop-off
9:00 - 12:00 Session #1 *Takedown Tournament or Technique*
12:00-1:00 Awards & Roll up mats
1:00-1:30 Pickup
Day 6 - Friday- July 18
Annual Chris Little Memorial Beach Wrestling Tournament
9:00-3:00 roughly; flyer will be sent out
Timber Cover Marina - 3411 Lake Tahoe Blvd, South Lake Tahoe, CA 96150
Contact: Ryan Wallace, SLTwrestling@yahoo.com
Friday is seperate from camp and optional for campers; run by Coach Ryan Wallance and South Tahoe Wrestling
Entry fee is included for campers