

SU WRESTLING

INTENSIVE CAMP

GRADES 9TH-12TH

JUNE 3-5, 2022

Intensive camp for high school wrestlers that focuses on folkstyle wrestling. Sessions include technique, live wrestling, and conditioning. Stay in Baldwin Hall, make new friends and get the ultimate Schreiner Experience!

CAMP CLINICIANS



JERRY BEST

ALLEN HS HEAD WRESTLING
COACH

13x UIL Boys' State Titles
2x UIL Girls' State Titles



MARIO VASQUEZ

SU Men's Wrestling Coach

NCAA D3 All American
NWCA All American
132lb UIL State Champion



MADISON ANGELITO

SU Women's Wrestling
Coach

2x NAIA All American
2x USA W All American
WCWA All American
119lb UIL 4th State Placer

\$300 per camper

(Costs are all-inclusive)

Team Rate (8 or more):
\$200 per camper



WHAT TO BRING

- Workout clothes (7 workout sessions)
- Running and wrestling shoes
- Headgear (optional)
- Laundry Soap
- Toiletries
- Towels
- Extra snacks
- Spending money
- Water bottle
- Bed sheets and linens for an XL twin bed

SCHEDULE

DAY 1 (6/3)

2-4 PM Check-In/Camp Gear/Store
4:30 PM Camp Orientation & Expectations
5 PM Dinner
6-8 PM Session 1 Technique
 Free Time (Camp Store/Snacks)
10 PM Lights Out

DAY 2 (6/4)

6 AM Run
7 AM Breakfast
9-10:30 AM Technique
10:30-11:15 AM Competition/Live
11:30 AM Lunch

Free Time

1-2:30 PM Technique

2:30-3:15 PM Competition/Live

Free Time

5 PM Dinner

6:30-7:30 PM Technique

7:30-8:45 PM Competition/Live

Free Time (Camp Store/Snacks)

10 PM Lights Out

DAY 3 (6/5)

6 AM Run

7 AM Breakfast Room Pack/Clean

8-9:30 AM Technique

9:30 AM Camp Tournament (until conclusion)/Clean Rooms/Checkout

Camp Store - Parents on Campus