

2007 USAW OF NORTH DAKOTA NATIONAL TRAINING CAMP

July 9 - July 20

Site: Bismarck High School

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 CADETS & JUNIORS Technique/Drilling 8:00 a.m. - 9:00 a.m. Hard Wrestling Workout 12:30 p.m. - 2:00 p.m. <u>7 - 8 p.m.</u> Team Members @ BHS Campers @ BHS	9 CADETS & JUNIORS Technique/Drilling 8:00 a.m. - 9:00 a.m. Hard Wrestling Workout 12:30 p.m. - 2:00 p.m. <u>7 - 8 p.m.</u> Team Members @ BHS Campers @ BHS	10 CADETS & JUNIORS Technique/Drilling 8:00 a.m. - 9:00 a.m. Hard Wrestling Workout 12:30 p.m. - 2:00 p.m. <u>7 - 8 p.m.</u> Team Members @ BHS Campers @ BHS	11 CADETS & JUNIORS Technique/Drilling 8:00 a.m. - 9:00 a.m. Hard Wrestling Workout 12:30 p.m. - 2:00 p.m. <u>7 - 8 p.m.</u> Team Members @ YMCA Campers @ BHS (folkstyle)	12 CADETS & JUNIORS 84 lbs. - 135 lbs. 11:30 a.m. - 1:00 p.m. 135 lbs. - 275 lbs. 1:00 p.m. - 2:30 p.m. <u>7 - 8 p.m.</u> Team Members @ YMCA Campers @ BHS (folkstyle)	13 CADETS & JUNIORS 135 lbs. - 275 lbs. 10:00 a.m. - 11:30 a.m. 84 lbs. - 135 lbs. 11:30 a.m. - 1:00 p.m. (GO BACK HOME)	14 3 MILE RUN ON YOUR OWN
15 CADETS & JUNIORS Hard Wrestling Workout 6:00 p.m. - 8:00 p.m.	16 CADETS & JUNIORS Technique/Drilling 8:00 a.m. - 9:00 a.m. 84 lbs. - 135 lbs. 11:30 a.m. - 1:00 p.m. 135 lbs. - 275 lbs. 1:00 p.m. - 2:30 p.m. <u>7 - 8 p.m.</u> Team Members @ YMCA Campers @ BHS (folkstyle)	17 CADETS & JUNIORS Technique/Drilling 8:00 a.m. - 9:00 a.m. 135 lbs. - 275 lbs. 11:30 a.m. - 1:00 p.m. 84 lbs. - 135 lbs. 1:00 p.m. - 2:30 p.m. <u>7 - 8 p.m.</u> Team Members @ YMCA Campers @ BHS (folkstyle)	18 CADETS & JUNIORS 84 lbs. - 135 lbs. 10:00 a.m. - 11:30 a.m. 135 lbs. - 275 lbs. 11:30 a.m. - 1:00 p.m. <u>7 - 8 p.m.</u> Team Members @ YMCA Campers @ BHS (folkstyle)	19 CADETS & JUNIORS 135 lbs. - 275 lbs. 10:00 a.m. - 11:30 a.m. 84 lbs. - 135 lbs. 11:30 a.m. - 1:00 p.m.	20 CADETS & JUNIORS Hard Wrestling Workout 10:00 a.m. - 11:30 a.m. CADETS Greco Registration 5:00 p.m. @ Bison Sports	21 CADETS Greco Competition JUNIORS Greco Registration 2:00 p.m. @ Bison Sports
22 CADETS & JUNIORS Greco Competition	23 CADETS & JUNIORS Greco Competition	24 CADETS Freestyle Registration 12:00 noon @ Bison Sports JUNIORS Greco Competition	25 CADETS Freestyle Competition JUNIORS Freestyle Registration 2:00 p.m. @ Bison Sports	26 CADETS & JUNIORS Freestyle Competition	27 CADETS & JUNIORS Freestyle Competition	28 JUNIORS Freestyle Competition