

2025 High School Camp Itinerary

**Subject to change*

www.umarywrestlingcamps.com

Monday, June 23 – Thursday, June 26, 2025

Time	Monday, June 23, 2025	Location
10 AM – 11:30 AM	Check-In & Registration	Fieldhouse Atrium
12:00 PM	Session 1 – Technique	Fieldhouse
1:30 PM	Lunch & Break	Crow's Nest
4:00 PM	Campus Tour	Fieldhouse
5:30 PM	Session 2 - Live session	Fieldhouse
7:30 PM	Dinner	Crow's Nest
11:00 PM	Lights Out	North Hall
Time	Tuesday, June 24, 2025	Location
6:45 AM	Wake-Up	North Hall
7:00 AM	Session 3 - Technique Session & Barn Cat Tough Competition	Fieldhouse
9:00 AM	Breakfast	Crow's Nest
11:30 AM	Session 4 - Technique/Spar Session	Fieldhouse
1:30 PM	Lunch & Break	Crow's Nest
4:00 PM	Greatness Through Virtue Seminar	Casey Center: 128
5:30 PM	Session 5 - Live session	Fieldhouse
7:30 PM	Dinner	Crow's Nest
11:00 PM	Lights Out	North Hall
Time	Wednesday, June 25, 2025	Location
6:45 AM	Wake-Up	North Hall
7:00 AM	Session 6 - Technique Session & Barn Cat Tough Competition	Fieldhouse
9:00 AM	Breakfast	Crow's Nest
11:30 AM	Session 7 - Technique/Spar Session	Fieldhouse
1:30 PM	Lunch & Break	Crow's Nest
4:00 PM	How to evaluate/breakdown film	Casey Center: 128
5:30 PM	Session 8 - Live session	Fieldhouse
7:30 PM	Dinner	Crow's Nest

11:00 PM	Lights Out	North Hall
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Time	Thursday, June 26, 2025	Location
6:45 AM	Wake-Up	North Hall
7:00 AM	Session 9 – Barn Cat Tough Competition	Fieldhouse
7:40 AM	Breakfast then start packing up your stuff in your residence hall room.	Crow's Nest
9:15 AM	Camp Picture	Fieldhouse
9:30 AM	Session 10 – Final Session – Camp review & live wrestling	Fieldhouse
11:00 AM	Barn Cat Tough Awards	Fieldhouse
11:20 AM	Go shower and collect everything out of residence hall	Fieldhouse
11:30 AM – 1 PM	Camp Checkout – Turn in MCARD & room key. <i>** Additional Fee of \$25 per lost/damaged MCARD or key</i>	Fieldhouse Foyer

Notes/Additional Items

Crow's Nest: Campers that purchase a meal plan will have designated mealtimes that will be buffet style. Snacks outside of these designated mealtimes will be available for purchase in our campus C-store.

Free Time/Games: This will be time to relax and to have some downtime to hang out in the residence hall, Crow's Nest, or play some games. UMary Wrestlers and/or Coaches will be present to participate as well. We can organize games, such as a dodgeball tournament, spike ball games, etc.

Camp Counselors: UMary Wrestlers will serve as camp counselors and will supervise the campers throughout the duration of the camp. This year's camp counselors will be updated soon. Here is a list of who was counselors last year's camp.

- Kaden DeCoteau – staying in North Hall with the campers.
 - Red-shirt Sophomore at UMary. From Bismarck, ND attended Century HS. Starting 141 as a true freshman.
- Isaac Stewart – staying in North Hall with the campers.
 - Red-shirt Sophomore at UMary. From Frenchtown, MT attended Frenchtown HS.
- Owen Lonski
 - Red-shirt Sophomore at UMary. From Sidney, MT attended Sidney HS.
- Sean Solis
 - Red-shirt Junior at UMary. 141 - 2025 NCAA DII All-American (3rd) & 2025 Super Region V Champion. From Fountain Valley, CA attended Fountain Valley HS.
- Trae Thilmony
 - Red-shirt Junior at UMary. Starting 149 pounder this past season from Thompson Falls, MT attended Thompson Falls HS.