

# Montana Intensive Wrestling Camp Daily Agenda

**\*\* (All times are subject to changes depending on each individual training groups' needs) \*\***  
*Half-Day Participants are done daily at 12pm, but are welcome to join on Wednesday for the full day*

## Saturday, June 28, 2025

- 9:00 am Check-In/Registration/Mat cleaning crew  
(check-in is done electronically from your phone if no changes or payments are needed)
- 9:30 am Coaches Meeting in Main Gym
- 10:00 am Opening comments in Main Gym (everyone)
- 10:15 am Breakout into training rooms: Warm-up/Technique Sessions (All training rooms)
- 11:30 am Live/Conditioning (All Training rooms) & Weight Room (FARGO Group)
- 12:00 pm Lunch Break
- 1:00 pm Technique Sessions
- 2:45 pm Water Break
- 3:00 pm Live Wrestling
- 3:15 pm Motivation Sessions
- 3:30-4:30 pm 3 Takedown matches Note: Parents are allowed to watch the matches and leave when they are complete.

## Sunday, June 29, 2025

- 8:45 am Coaches meeting in Wrestling Room
- 9:00 am Opening comments in main gym (everyone)
- 9:05 am Warm-up/Techniques
- 11:00 am Weight Room (FARGO Group)
- 11:30 am Live/Conditioning
- 12:00 pm Lunch Break
- 12:45 pm Warm-up/Technique
- 2:15 pm Backflip Competition
- 2:25 pm Water Break
- 2:35 pm Hard Drilling, Sparring, and Live Wrestling
- 3:30 pm Motivation Sessions
- 4:00 pm Camp Ends for the Day

## Monday, June 30, 2025

- 8:45 am Coaches meeting in Wrestling Room
- 9:00 am Opening comments in main gym (everyone)
- 9:05 am Warm-up/Techniques
- 10:30 am Weight Room (FARGO Group)
- 11:00 am Live/Conditioning
- 11:30 am Lunch Break
- 12:15 pm Warm-up/Technique
- 2:25 pm Hard Drilling, Sparring, and Live Wrestling
- 2:45 pm Sprint Competitions
- 3:15 pm Motivation Sessions
- 3:30 pm All-Star Duals
- 5:30 pm Camp Ends for the Day

## Tuesday, July 1, 2025

- 9:00 am Peak Performance Mental Training Session
- 9:05 am Warm-up/Technique Session
- 11:00 am Weight Room (Fargo Group)
- 11:30 am Live/Conditioning
- 12:00 pm Lunch Break
- 12:45 pm Warm-up/Drilling/Technique (individual room breaks as needed)
- 1:45 pm Live Wrestling (3 Matches)
- 2:30 pm Motivation in Main Gym
- 3:00 pm **Depart for Big Sky Water Slides**
- 6:30 pm ETA Flathead High School for Parent Pick up

## Wednesday, July 2, 2025

- 9:00 am Morning Motivation in main gym (everyone)
- 9:15 am Warm-up/Technique/ Hard Wrestling/ Live
- 11:45 pm Clean up and Mats
  - ☐ Half Day wrestlers released after you get your t-shirt
- 12:30 pm Bus up for Herron Park Run/ Herron Park Run
- 2:00-3:00 pm Shirts/Camp Closing/ Camp Store open for T-Shirts/Sweatshirts

**PARENTS PICK-UP WRESTLERS AT THE FLATHEAD HIGH SCHOOL GYM BETWEEN 2:00-3:00pm!**