

2009 USAW OF NORTH DAKOTA NATIONAL TRAINING CAMP

July 6 - July 17

Site: Bismarck High School

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