

## 2026 Cook Wrestling Camp - Camp Schedule



|                            |  |                             |                        |
|----------------------------|--|-----------------------------|------------------------|
| <b>Monday June 15th</b>    |  |                             | (Warterpark open 10-7) |
| 2:00-5:00 PM               | Weigh-ins/Skin Checks                            | Woodside Center             |                        |
| 3:00 - 5:30 PM             | Camp Check- In (Head Coaches Only)               | Woodside Center Upper Level |                        |
| 6:00 - 6:15 PM             | Coaches Meeting                                  | Woodside Center Upper Level |                        |
| 6:30 - 9:00 pm             | 2 Duals  | Woodside Center             |                        |
| 8:00- 10:00 PM             | Meal   | Riverview North & South     |                        |
| 11:00 PM                   | Lights Out                                       |                             |                        |
| <b>Tuesday June 16th</b>   |  |                             | (Warterpark open 10-7) |
| 7:00 - 8:00 AM             | Meal   | Riverview North & South     |                        |
| 7:00 AM                    | Wrestling Facility Open                          | Woodside Center             |                        |
| 9:00 - 11:00 AM            | 2 Duals  | Woodside Center             |                        |
| 11:30 - 12:30 PM           | Meal   | Woodside Center             |                        |
| 2:30pm - 4:30 PM           | Technique (All Athletes & Coaches                | Woodside Center             |                        |
| 5:00pm - 6:00 PM           | Meal   | Riverview North & South     |                        |
| 6:30 - 9:30 PM             | Individual Tourinament                           | Woodside Center             |                        |
| 11:00 PM                   | Lights Out                                       |                             |                        |
| <b>Wednesday June 17th</b> |  |                             | (Warterpark open 10-9) |
| 7:00 - 8:00 AM             | Meal   | Riverview North & South     |                        |
| 7:00 AM                    | Wrestling Facility Open                          | Woodside Center             |                        |
| 9:00 - 11:00 AM            | Technique/Team Building Activities (All Athletes | Woodside Center             |                        |
| 11:30 - 12:30 PM           | Meal   | Woodside Center             |                        |
| 1:30pm - 3:30 PM           | 2 Duals  | Woodside Center             |                        |
| 5:00pm - 6:00 PM           | Meal   | Riverview North & South     |                        |
| 11:00 PM                   | Lights Out                                       |                             |                        |
| <b>Thursday June 18th</b>  |  |                             | (Warterpark open 10-7) |
| 7:00 - 8:00 AM             | Meal   | Riverview North & South     |                        |
| 7:00 AM                    | Wrestling Facility Open                          | Woodside Center             |                        |
| 8:30-9:15 AM               | Team Photos                                      | Woodside Center             |                        |
| 9:30 AM - 11AM             | 2 Duals  | Woodside Center             |                        |