



TROY NICKERSON'S

NORTHERN COLORADO WRESTLING CAMPS

4-Day Team Camp Schedule (June 26-June 29, 2023)

June 26th, 2023

10:00am-12:00pm	Check In	Turner Hall
12:30pm-2:30pm	Welcome Session	Baseline Skills, Technique and Drills
4:30pm-5:00pm	Dinner	Holmes Dining Center
5:30pm-7:15pm	Session #2	Team Duals
8:00pm-8:30pm	Motivation	Jordan Robison- Strength & Conditioning
10:00pm	Bed Checks	
11:00pm	Lights Out	

June 27th, 2023

6:45am	Wake Up Call	
7:00am-8:00am	Breakfast	Holmes Dining Center
8:15am-9:45am	Session #3	Control Ties & Offensive Attacks
11:00am-12:00pm	Lunch	Holmes Dining Center
12:15pm-2:30pm	Session #4	Team Duals
4:30pm-5:00pm	Dinner	Holmes Dining Center
5:30pm-7:15pm	Session #5	Team Duals
8:00pm-8:30pm	Motivation	Ross Barr- Sport Psychology
10:00pm	Bed Checks	
11:00pm	Lights Out	

June 28th, 2023

6:45am	Wake Up Call	
7:00am-8:00am	Breakfast	Holmes Dining Center
8:15am-9:45am	Session #6	Control Ties & Offensive Attacks
11:00am-12:00pm	Lunch	Holmes Dining Center
12:15pm-2:30pm	Session #7	Team Duals
4:30pm-5:00pm	Dinner	Holmes Dining Center
5:30pm-7:15pm	Session #8	Team Duals
8:00pm-8:30pm	Motivation	Andrew Alirez- 2023 NCAA Champion
10:00pm	Bed Checks	

June 29th, 2023

6:45am	Wake Up Call	
7:00am-8:00am	Breakfast	Holmes Dining Center
8:15am-9:45am	Session #9	Team Duals
10:00am-12:00pm	Check Out	Turner Hall



TROY NICKERSON'S NORTHERN COLORADO WRESTLING CAMPS

Girls Camp Schedule (June 26-June 30, 2023)

June 26, 2023

12:30pm-2:30pm	Check In	Lawrenson Hall
2:45pm-4:45pm	Welcome Session	Baseline Skills, Drills & Live Wrestling
4:45pm-6:00pm	Dinner	Holmes Dining Center
7:30pm-9:00pm	Session #2 (Groups)	Groups 3-30min sessions (favorite stuff)
10:00pm	Bed Checks	
11:00pm	Lights Out	

June 27, 2023

7:00am	Run and S&C (Optional)	Lawrenson Hall
7:30am	Wake Up Call	
7:30am-8:30am	Breakfast	Holmes Dining Center
10:00am-11:30am	Session #3 (technique)	Control Ties to Offensive Attacks
12:00pm-1:00pm	Lunch	Holmes Dining Center
2:45pm-4:45pm	Session #4 (LIVE)	Review, Drilling & Live Wrestling
4:45pm-6:30pm	Dinner	Holmes Dining Center
7:30pm-9:00pm	Session #5 (groups)	Baseline Defense
10:00pm	Bed Checks	
11:00pm	Lights Out	

June 28, 2023

7:00am	Run and S&C (Optional)	Lawrenson Hall
7:30am	Wake Up Call	
7:30am-8:30am	Breakfast	Holmes Dining Center
10:00am-11:30am	Session #6 (technique)	Knee Slides, Change Overs, and Hip Heists
12:00pm-1:00pm	Lunch	Holmes Dining Center
2:45pm-4:45pm	Session #7 (LIVE)	Review, Drilling & Live Wrestling
4:45pm-6:30pm	Dinner	Holmes Dining Center
7:30pm-9:00pm	Session #8 (groups)	3-30min Technique Sessions
10:00pm	Bed Checks	
11:00pm	Lights Out	

June 29, 2023

7:00am	Run and S&C (Optional)	Lawrenson Hall
7:30am	Wake Up Call	
7:30am-8:30am	Breakfast	Holmes Dining Center
10:00am-11:30pm	Session #9 (technique)	Wrist Tilts and Leg Riding
12:00pm-1:00pm	Lunch	Holmes Dining Center
2:45pm-4:45pm	Session #10 (LIVE)	Review, Drilling & Live Wrestling
4:45pm-6:30pm	Dinner	Holmes Dining Center
7:30pm-9:00pm	Session #11 (groups)	Favorite area from camp review 3-30min sessions
10:00pm	Bed Checks	
11:00pm	Lights Out	

June 30, 2023

7:00am	Run and S&C (Optional)	Lawrenson Hall
7:30am	Wake Up Call	
7:30am-8:30am	Breakfast	Holmes Dining Center
10:00am-11:30am	Final Session	Review, Drilling & Live Wrestling
11:45am-1:30pm	Check Out	Lawrenson Hall



TROY NICKERSON'S NORTHERN COLORADO WRESTLING CAMPS

Individual Camp Schedule (June 26-June 30, 2023)

June 26, 2023

12:30pm-2:30pm	Check In	Lawrenson Hall
2:45pm-4:45pm	Welcome Session	Baseline Skills, Drills & Live Wrestling
4:45pm-6:00pm	Dinner	Holmes Dining Center
7:30pm-9:00pm	Session #2 (Groups)	Groups 3-30min sessions (favorite stuff)
10:00pm	Bed Checks	
11:00pm	Lights Out	

June 27, 2023

7:00am	Run and S&C (Optional)	Lawrenson Hall
7:30am	Wake Up Call	
7:30am-8:30am	Breakfast	Holmes Dining Center
10:00am-11:30am	Session #3 (technique)	Control Ties to Offensive Attacks
12:00pm-1:00pm	Lunch	Holmes Dining Center
2:45pm-4:45pm	Session #4 (LIVE)	Review, Drilling & Live Wrestling
4:45pm-6:30pm	Dinner	Holmes Dining Center
7:30pm-9:00pm	Session #5 (groups)	Baseline Defense
10:00pm	Bed Checks	
11:00pm	Lights Out	

June 28, 2023

7:00am	Run and S&C (Optional)	Lawrenson Hall
7:30am	Wake Up Call	
7:30am-8:30am	Breakfast	Holmes Dining Center
10:00am-11:30am	Session #6 (technique)	Knee Slides, Change Overs, and Hip Heists
12:00pm-1:00pm	Lunch	Holmes Dining Center
2:45pm-4:45pm	Session #7 (LIVE)	Review, Drilling & Live Wrestling
4:45pm-6:30pm	Dinner	Holmes Dining Center
7:30pm-9:00pm	Session #8 (groups)	3-30min Technique Sessions
10:00pm	Bed Checks	
11:00pm	Lights Out	

June 29, 2023

7:00am	Run and S&C (Optional)	Lawrenson Hall
7:30am	Wake Up Call	
7:30am-8:30am	Breakfast	Holmes Dining Center
10:00am-11:30pm	Session #9 (technique)	Wrist Tilts and Leg Riding
12:00pm-1:00pm	Lunch	Holmes Dining Center
2:45pm-4:45pm	Session #10 (LIVE)	Review, Drilling & Live Wrestling
4:45pm-6:30pm	Dinner	Holmes Dining Center
7:30pm-9:00pm	Session #11 (groups)	Favorite area from camp review 3-30min sessions
10:00pm	Bed Checks	
11:00pm	Lights Out	

June 30, 2023

7:00am	Run and S&C (Optional)	Lawrenson Hall
7:30am	Wake Up Call	
7:30am-8:30am	Breakfast	Holmes Dining Center
10:00am-11:30am	Final Session	Review, Drilling & Live Wrestling
11:45am-1:30pm	Check Out	Lawrenson Hall