

Monday, June 17th

8:00-10:00AM	Registration and Weigh-In (+6 lbs)
10:00-12:00PM	Technique (Troy Steiner)
12:30-1:00PM	Lunch
2:00-4:00PM	Technique (Troy Steiner)
5:00-5:30PM	Dinner
6:00-7:30PM	2 Duals
10:00PM	Lights Out

Tuesday, June 18th

7:30AM	Wake Up
8:00-8:30AM	Breakfast
9:00-11:00AM	Technique (Myles Martin)
11:30-12:00PM	Lunch
1:00-3:00PM	Technique (Myles Martin)
3:00-4:00PM	Team Competition
5:00-5:30PM	Dinner
6:00-7:30PM	2 Duals
10:00PM	Lights Out

Wednesday, June 19th

7:30AM	Wake Up
8:00-8:30AM	Breakfast
9:00-11:00AM	Technique (Mark Perry)
11:30-12:00PM	Lunch
1:00-3:00PM	Technique (Mark Perry)
3:00-4:15PM	Mindset Training (Mark Schwab)
5:00-5:30PM	Dinner
6:00-7:30PM	2 Duals
10:00PM	Lights Out

Thursday, June 20th

7:30AM	Wake Up
8:00-8:30AM	Breakfast
9:00-11:00AM	Individual Tournament