



2024 Wrestling Summit Itinerary

Thursday (7/18)

- 07:15 - Rise & Grind (bring running shoes)
 - Outside camp headquarters (Coach Grant's camper by the wrestling mats)
 - Coffee - 07:15 (more for parents)
 - Prayer & announcements - 07:30
 - Grind - 20 to 30 minute workout

- 08:30 - breakfast
 - Trapper's Lodge

- 09:30-09:50 - Mental training
 - "Details Matter When Making Myelin - The Power of Intentionality & Focus"
 - For wrestlers, parents, and coaches
 - Coach Justin Grant

- 09:50-11:20 - Wrestling technique
 - **Coach Haiden Drury**

- 11:20-12:30 - Family time

- 12:30-13:15 - Lunch
 - Trapper's Lodge

- 13:30-15:00 - Wrestling Technique
 - **Coach Haiden Drury**

- 15:00-16:30 - Family time

- 16:30-16:45 - Mental Training
 - Pre-performance preparation
 - Coach Justin Grant

- 16:45-17:45 - Wrestling Session
 - **Coach Haiden Drury**

- 17:45-18:00 - Mental Training
 - Post-performance progress
 - Coach Justin Grant

- 18:00-18:15 - Q&A for campers and parents with **Coach Drury**

- 18:30-19:30 - Dinner
 - Trapper's Lodge



2024 Wrestling Summit Itinerary

Friday (7/19)

- 07:15 - Rise & Grind (bring running shoes)
 - Outside camp headquarters (Coach Grant's camper by the wrestling mats)
 - Coffee - 07:15 (more for parents)
 - Prayer & announcements - 07:30
 - Grind - 20 to 30 minute workout

- 08:30 - breakfast
 - Trapper's Lodge

- 09:30-09:50 - Mental training
 - "Measuring Progress and Powering Forward"
 - Coach Justin Grant
 - For wrestlers, parents, and coaches
 - "Love to Learn"
 - Coach Trevor Grant
 - For wrestlers, parents, and coaches

- 09:55-11:25 - Wrestling technique
 - **Coach Jesse Hillhouse**

- 11:20-12:30 - Family time

- 12:30-13:15 - Lunch
 - Trapper's Lodge

- 13:30-15:00 - Wrestling Technique
 - **Coach Jesse Hillhouse**

- 15:00-16:30 - Family time

- 16:30-16:45 - Mental Training
 - Training your mind to do hard things
 - Coach Justin Grant

- 16:45-17:45 - Wrestling Session
 - **Coach Jesse Hillhouse**

- 17:45-18:15 - Mental Training
 - "Recovery, breathing, sleep, and the power of the hour before bed"
 - Coach Justin Grant
 - "Power of Choice"
 - Coach Trevor Grant



2024 Wrestling Summit Itinerary

- 18:15-18:30 - Q&A for campers and parents with **Coach Jesse Hillhouse**
- 18:30-19:30 - Dinner
 - Trapper's Lodge

Saturday (7/20)

- 07:15 - Rise & Grind (bring running shoes)
 - Outside camp headquarters (Coach Grant's camper by the wrestling mats)
 - Coffee - 07:15 (more for parents)
 - Prayer & announcements - 07:30
 - Grind - 20 to 30 minute workout
- 08:30 - breakfast
 - Trapper's Lodge
- 09:30-09:50 - Mental training
 - "Details Matter When Making Myelin - The Power of Intentionality & Focus"
 - For wrestlers, parents, and coaches
 - Coach Justin Grant
- 09:50-11:20 - Wrestling technique
 - **Coach Jesse Hillhouse**
- 11:20-12:30 - Family time
- 12:30-13:15 - Lunch
 - Trapper's Lodge
- 13:30-15:00 - Wrestling Technique
 - **Coach Nate Lee**
- 15:00-16:30 - Family time
- 16:30-17:00 - Mental Training - For the Parents, as requested after last year
 - "Above all else, guard your heart." - Proverbs 4:23
 - Coaches Justin and Trevor Grant
- 17:20-17:40 - Get in the lake
- 18:30 - Dinner
 - Trapper's Lodge