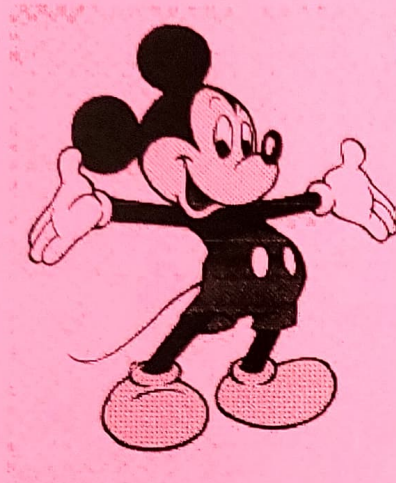


# Pre-Disney Camp

(This is required if you plan on wrestling in Disney)



**Dates:** June 9th, 10th, 11th)

**Cost:** \$0 for PMHS Disney Wrestlers

**Location:** Perry Meridian HS

We will be staying at School, Thursday and Friday Night. No one will be allowed to leave.

## **Thursday June 9th**

Schedule - Check in 3:30pm

Practice - 4-5:30pm

Dinner 6pm

Team Building activity/movie - 7pm

Lights Out - 10:30pm

## **Friday June 10th**

(all sessions ran by MCWC)

Open to anyone outside of Perry (\$50)

Wake Up - 7:00am

Team Run - 7:30am

Breakfast - 8am

1st session - 9-11am

Lunch - 11:00 - 11:30

2nd session - 12pm-2pm

Break - 2:00pm - 2:45pm

3rd Session 3:00 - 5:00pm

Dinner - 6:00pm - 7:00pm

Team Building/Movie 7:30 - 10:00

Lights Out - 10:30pm

## **Saturday June 11th**

Wake Up - 7:00am

Team Run - 7:30am

Breakfast - 8am

1st session - 9-11am

Team Cookout in Cafeteria 12:00- ?

All families are encouraged and  
welcome to come!!!

What to bring?

Plenty of workout gear - wrestling shoes, running shoes,  
headgear

Toiletries - Towel

Snacks

Sleeping bag or other bedding. We will be sleeping in the  
wrestling room.

Good attitude