

FCA Wrestling Presents 24 HOURS WITH GOD Wrestling Camp

Camp Schedule

Friday August 8th

3:00-4:00pm

Registration

4:00-5:00pm

Introduction to camp, coaches,
guidelines, and schedule

5:00-6:30pm

Wrestle session #1

6:30-8:00pm

Dinner

8:00-9:15pm

Chapel session #1

9:15-11:00pm

Structured free time (ultimate
frisbee, movies, games, etc.)

11:00pm

Lights out

Saturday August 9th

7:00-7:45am

Quiet time

7:45-8:30am

Breakfast

8:30-10:30am

Wrestle session #2

10:30-11:30am

Chapel session #2

11:30am-1:00pm

Lunch

1:00-3:00pm

Wrestle session #3

3:00-4:00pm

Chapel session #3

4:00-5:00pm

Final words and wrap up



August 8-9, 2014
Augustana College

Carver P.E. Center
3500 5th Avenue
Rock Island, Illinois

Register at: www.fcawrestling.org (Events page)

Cost: \$50/person