

FARGO CAMP 2022

Christian Brothers Academy
850 Newman Springs Road
Lincroft, NJ 07738

FRIDAY, JULY 8

- 1:00 P.M. Coaches Meeting- camp setup 8 mats
- 3:00 P.M. Registration
- 3:30 P.M. Introduction of Team NJ Staff
- 4:00 P.M. SESSION #1 – Jeff Buxton Head Coach - Par Terre Leg Lace- (offense and defense)
- 6:00 P.M. DINNER BREAK,
- 7:00-9 PM SESSION #2 – Greco Technical Skills - Foca-Gauthier-Queen-Crowley-Ciampa
- 7:00-9 PM SESSION #2- Nase/Buxton Crackdown defense and chest locks

SATURDAY, JULY 9

10:00 A.M.-12:30 PM SESSION #3 - 30 min. each group

Group Rotation: 4 groups-35 per group

- #1 VanBrill/Mason (our shot recovery, Crackdown)
- #2 Humphrey/Omar (underhooks and over hook offense)
- #3 Dellagatta/Pollard (Chest locks)
- #4 Cooperman/Gitomer (defending if a man is on your legs)

12:30 PM TILL 1:30 PM LUNCH BREAK

1:30 P.M.- 3:30 P.M. SESSION #4 Wrestling on the Edge Strategy- Jeff Buxton

3:30 P.M.- 5:00 PM DINNER BREAK

5:30 P.M.- 6:30 P.M.. SESSION #5 – Greco w/Humphrey

6:45 P.M. -8:00 P.M. SESSION #6 4 MAN GROUP LIVE WRESTLING

SUNDAY, JULY 10

10:00 A.M.-11:15 A.M. SESSION #7 Other Turns with Buxton & Staff (offense/defense)

11:15 A.M.- 12:30 P.M. SESSION #8 Matches Juniors 3 min x2 (3 matches)

U16 2min x2 (3 matches)

Greco 1 match Greco out of 3 matches

1:00 P.M. Review Fargo scheduling and weight maintenance

FARGO SCHEDULE 2022

Friday, July 15

We will schedule a Team Practice for July 14, 15, 16.

16U Freestyle Medical Check and Weigh-in - Scratch Weight

(FargoDome Southwest Concourse) 5:00 PM

ATTENTION COACHES/TEAM LEADERS

Weigh-ins for 16U Freestyle will begin at 5:00 PM. All wrestlers must be in the weigh-in area* by 5:00 PM and must remain in the area until he has weighed in. Once all wrestlers who were in the weigh-in area at the beginning of weigh-ins have weighed in, the weigh-in will be deemed complete and no other wrestlers will be allowed to weigh in. No weight reduction practices shall be allowed once weigh-ins begin at 5:00 PM.

*** = Weigh-in area for 16U/Junior Nationals is deemed to be the seating sections of 9-12 and/or the area under the bleachers on the west side of the FargoDome (area where athletes stage for medical checks before weighing in).**

16U Women Freestyle Medical Check and Weigh-in - Scratch Weight

(FargoDome Southwest Concourse) 5:30 PM

Saturday, July 16

Competition Session I

16U Women Freestyle: Preliminaries and Consolations

(FargoDome – Main Floor) 8:00 AM - 1:30 PM

16U Freestyle: Preliminaries and Consolations

(FargoDome – Main Floor) 8:00 AM - 1:30 PM

Competition Session II

16U Freestyle: Preliminaries and Consolations

(FargoDome – Main Floor) 3:00 PM - 7:30 PM

16U Women Freestyle: Quarterfinals, Semifinals, Consolations, and Consolation Semifinals

(FargoDome – Main Floor) 3:00 PM - 7:30 PM

Junior Freestyle Medical Check and Weigh-in - Scratch Weight

(FargoDome – Southwest Concourse) 7:30 PM

Sunday, July 17

Competition Session III

Junior Men's Freestyle: Preliminaries and Consolations

(FargoDome - Main Floor) 8:00 AM - 1:30 PM

16U Freestyle 2ND Medical Check & Weigh-in [+2 lbs]

(FargoDome Southwest Concourse) 1:00 PM

Competition Session IV

16U Women Freestyle: Finals, Medal Matches & Awards

(FargoDome - Main Floor) 1:30 PM - 4:00 PM

Competition Session V

*16U Freestyle: Quarterfinals, Semifinals and Consolations,
(FargoDome - Main Floor)4:30 PM - 9:00 PM*

*Junior Men's Freestyle: Preliminaries and Consolations
(FargoDome - Main Floor 4:30 PM - 9:00 PM*

Monday, July 18

**Junior Freestyle 2ND Medical Check and Weigh-in [+ 2 LBS]
(FargoDome Southwest Concourse)7:00 AM**

Competition Session VI

*16U Freestyle: Consolations and Consolation Semifinals
(FargoDome - Main Floor)9:00 AM - 11:00 AM*

*Junior Men's Freestyle: 1/8 Championships, Quarterfinals & Consolations
(FargoDome - Main Floor)
9:00 AM - 1:00 PM*

Competition Session VII

*16U Freestyle: Finals, Medal Matches & Awards
(FargoDome - Main Floor)1:30 PM - 4:00 PM*

Competition Session VIII

*Junior Men's Freestyle: Semifinals, Consolations and Consolation Semifinals
(FargoDome - Main Floor)4:30 PM - 8:00 PM*

**Junior Women Freestyle Medical Check and Weigh-in - Scratch Weight
(FargoDome – Southwest Concourse)6:30 PM**

Tuesday, July 19

Competition Session IX

*Junior Women: Preliminaries and Consolations
(FargoDome - Main Floor) 9:00 AM - 12:00 PM*

Competition Session X

*Junior Freestyle: Finals, Medal Matches & Awards
(FargoDome - Main Floor)1:00 PM - 3:30 PM*

Competition Session XI

*Junior Women Freestyle: 1/8 Championship, Quarterfinals and Consolations
(FargoDome - Main Floor)4:00 PM - 7:00 PM*

**16U Greco-Roman Medical Check and Weigh-in - Scratch Weight
(FargoDome Southwest Concourse)4:30 PM**

Wednesday, July 20

Competition Session XII

16U Greco-Roman: Preliminaries and Consolations

*(FargoDome - Main Floor)*8:00 AM - 1:30 PM

Junior Women Freestyle: Semifinals, Consolation and Consolation Semifinals

*(FargoDome - Main Floor)*9:00 AM - 12:00 PM

Competition Session XIII

Junior Women Freestyle: Session IV Finals, Medal Matches & Awards

*(FargoDome - Main Floor)*2:00 PM - 4:00 PM

Junior Greco-Roman Medical Check and Weigh-in - Scratch Weight

*(FargoDome Southwest Concourse)*4:00 PM

Competition Session XIV

16U Greco-Roman: 1/8 Championship, Quarterfinals and Consolations

*(FargoDome - Main Floor)*5:00 PM - 9:00 PM

Thursday, July 21

Competition Session XV

16U Greco-Roman: Semifinals, Consolation and Consolation Semifinals

*(FargoDome - Main Floor)*8:30 AM - 12:00 PM

Junior Greco-Roman: Session I - Preliminaries and Consolations

*(FargoDome - Main Floor)*8:30 AM - 1:00 PM

Competition Session XVI

16U Greco-Roman: Session IV Finals, Medal Matches & Awards

*(FargoDome - Main Floor)*2:00 PM - 4:00 PM

Competition Session XVII

Junior Greco-Roman: Session II – Preliminaries, Quarterfinals, and Consolations

Friday, July 22

Competition Session XVIII

Junior Greco-Roman: Session III – Semifinals, Consolations and Consolation Semifinals

*(FargoDome - Main Floor)*9:00 AM - 12:30 PM

Competition Session XIX

Junior Greco-Roman: Session IV Finals, Medal Matches & Awards

*(FargoDome - Main Floor)*2:00 PM - 4:00 PM