



## ***Training Schedule for NY-USAW State Teams to Junior and Cadet Nationals***

1. The cost of the trip will be \$1350 for anyone competing in one style only and \$1500 for anyone competing in both styles.
2. The camp will be held in Binghamton once again.
3. Camp will be a little different this year. The training schedule will be as follows:
  1. Mini Camp for Greco
  2. Mini Camp for Freestyle
  3. Pre-tournament training camp:

Day	Date	Cadet GR	Cadet Both	Cadet FS	Junior GR	Junior Both	Junior FS
Sat	9	Camp	Camp		Camp	Camp	
Sun	10	Camp	Camp		Camp	Camp	
Mon	11	Camp	Camp		Camp	Camp	
Tue	12	Camp	Camp		Camp	Camp	
Wed	13	Home	Home		Home	Home	
Thu	14	Home	Home		Local Practice	Local Practice	
Fri	15	<b>Travel</b>	<b>Travel</b>	<b>Travel</b>	Home	Home	
Sat	16	Practice	Practice	Practice	<b>Travel</b>	<b>Travel</b>	<b>Travel</b>
Sun	17	W/I, Compete	W/I, Compete	Practice	Practice	Practice	Practice
Mon	18	Compete	Compete	Practice	W/I, Compete	W/I, Compete	Practice
Tue	19	Off	Off	Practice	Compete	Compete	Practice
Wed	20	<b>Travel</b>	W/I, Compete	W/I, Compete	<b>Travel</b>	Off	Practice
Thu	21		Compete	Compete		W/I, Compete	W/I, Compete
Fri	22		Compete	Compete		Compete	Compete
Sat	23		<b>Travel</b>	<b>Travel</b>		Compete	Compete
Sun	24					<b>Travel</b>	<b>Travel</b>

You should note that those wrestling Freestyle only will be holding their training camp in Fargo and will not be participating in the Training Camp at Johnson City.

You should also note that the teams training in Binghamton will return home prior to travelling to Fargo. You will be expected to arrange your own transportation to and from the departure airport to which you have been assigned.