



FCA Wrestling Team Camp Schedule

June 2nd – 5th, 2025

Emmanuel University 181 Spring St, Franklin Springs, GA 30639

June 2 (Monday)

- 10:00am – 1:00pm Registration Check-In
- 2:00pm – 2:15pm **Welcome to camp – on the mat (Trevor Ramos)**
- 2:15pm – 4:30pm Technique Session # 1
- 4:30pm – 5:00pm **Break / Get ready for dinner**
- 5:00pm – 5:45pm **Dinner (Group #1)**
- 5:45pm – 6:30pm **Dinner (Group #2)**
- 6:45pm – 7:15pm **(Coaches' huddle)**
- 6:45pm – 7:45pm Technique Session # 2
- 8:30pm – 9:45pm ***FCA Inspiration Program (Cliff Harris)**
- 9:45pm – 10:30pm **FCA Huddle groups (small group Bible Study / discussion time)**
- 11:15pm Lights Out!

June 3 (Tuesday)

- 7:00am Arise & dress for the morning practices
- 7:30am – 8:00am **Breakfast (Group # 1)**
- 8:00am – 8:30am **Breakfast (Group # 2)**
- 8:45am – 9:00am **On the mats: Chapel @ 8:45am (Cliff Harris)**
- 9:00am – 10:30am Technique Session # 3
- 10:45am – 11:30am Competition / Training Session #1
- 11:45am – 12:30pm **Lunch (Group # 1)**
- 12:30pm – 1:15pm **Lunch (Group # 2)**
- 1:30pm – 1:45pm **(Coaches' huddle)**
- 1:30pm – 2:45pm Technique Session # 4
- 2:45pm – 3:00pm **Break / Coach's testimony (Omi Acosta)**
- 3:15pm – 4:30pm Competition / Training Session #2
- 4:30pm – 5:00pm **Break / Get ready for dinner**
- 5:00pm – 5:45pm **Dinner (Group #1)**
- 5:45pm – 6:30pm **Dinner (Group #2)**
- 6:45pm – 7:45pm **(Coaches' huddle)**
- 6:45pm – 7:45pm Competition Session #3
- 8:30pm – 9:45pm ***FCA Inspirational Program (Tom Ryan)**
- 9:45pm – 10:30pm **FCA Huddle groups (small group Bible Study / discussion time)**
- 11:15pm Lights Out!

June 4 (Wednesday)

- 7:00am Arise & dress for the morning practices
- 7:30am – 8:00am **Breakfast (Group # 1)**
- 8:00am – 8:30am **Breakfast (Group # 2)**
- 8:45am – 9:00am **On the mats: Chapel @ 8:45am (Tom Ryan)**
- 9:00am – 10:30am Technique Session # 5
- 10:45am – 11:30am Competition / Training Session #1
- 11:45am – 12:30pm **Lunch (Grp # 1)**
- 12:30pm – 1:15pm **Lunch (Grp # 2)**
- 1:30pm – 1:45pm **(Coaches' huddle)**
- 1:30pm – 2:45pm Technique Session # 6
- 2:45pm – 3:00pm **Break / Coach's testimony (TBD)**
- 3:15pm – 4:30pm Competition / Training Session #2
- 4:30pm – 5:00pm **Break / Get ready for dinner**
- 5:00pm – 5:45pm **Dinner #1**
- 5:45pm – 6:30pm **Dinner #2**
- 6:45pm – 7:45pm **(Coaches' huddle)**
- 6:45pm – 7:45pm Competition Session #3
- 8:30pm – 9:45pm ***FCA Inspirational Program (Coach Jim Gruenwald)**
- 9:45pm – 10:30pm **FCA Huddle groups**
- 11:15pm Lights Out!



June 5 (Thursday)

- 7:00am Arise & dress for the morning practices
- 7:30am – 8:00am **Breakfast # 1**
- 8:00am – 8:30am **Breakfast # 2**
- 8:45am – 9:00am **On the mats: Chapel @ 8:45am (Coach Jim Gruenwald)**
- 9:00am – 10:30am Technique Session # 7
- 10:30am – 10:45am **Closing Words – (Trevor Ramos)**
- 10:45am – 11:15am Roll up mats & clean up Gym
- 11:15am – 12:00pm Shower, clean-up, & Check-out

**Clean your rooms, pack, & turn in room keys at gym when reporting to the mats on Thursday morning.
Free to leave after room inspections.**

***Lunch on your own after checking out Thursday (Campus dining hall will not available)**

Coaches' Huddles:

1. Monday evening (after dinner)
2. Tuesday afternoon (afternoon – after lunch)
3. Tuesday evening (after dinner)
4. Wednesday (afternoon – after lunch)
5. Wednesday evening (after dinner)

Final Note: Coaches, please turn in Response Cards & Camp Evaluation forms at the gym on Thursday morning!