

# 2018 Colorado Regional Combine & All-Star Dual

Presented by:  
Ferrum Prospects & Yohn Wrestling

Location:  
Cherokee Trail High School  
Aurora, CO

## **Schedule of Events**

\*Subject to change as needed

### **Friday, June 29th (CT Main Gym/Wrestling Room)**

8:00a.m.	Wrestler Check-In and Weigh-In
8:45a.m.	Morning Briefing - Introductions
9:00a.m. - 9:20a.m.	Skills Challenge #1
9:20a.m. - 11:00a.m.	Practice Session #1 (Technique)
11:00a.m. - 12:00p.m.	Lunch Break (Seminar)
12:00p.m. - 12:20p.m.	Skills Challenge #2
12:20p.m. - 2:00p.m.	Practice Session #2 (Live Wrestling)
2:00p.m. - 3:00p.m.	Mental Break
3:00p.m. - Conclusion	Wrestle-off's (Up to Finals)

### **Saturday, June 30th (CT Main Gym/Wrestling Room)**

8:00a.m.	Wrestler Check-In
8:45a.m.	Morning Briefing - Introductions
9:00a.m. - 9:20a.m.	Skills Challenge #3
9:20a.m. - 11:00a.m.	Practice Session #3 (Technique)
11:00a.m. - 12:00p.m.	Lunch Break (Seminar)
12:00p.m. - 12:20p.m.	Skills Challenge #4
12:20p.m. - 2:00p.m.	Practice Session #4 (Live Wrestling)
2:00p.m. - 3:00p.m.	Mental Break
3:30p.m.	All-Star Introductions
4:00p.m. - 5:30p.m.	All-Star Dual (random draw for weights)
5:30p.m. - 6:15p.m.	College Fair (open ONLY to incoming 11th/12th graders)