

2025 Junior National Duals Itinerary

Sunday June 14, 2026

Time	Location	Event	Staff	Notes
12:00-1:00	Elmen Center, Augustar	Registration	Jared	Register and Get ready for Practice
1:00-2:30	Elmen Center, Augustar	Practice	Coaches	Practice Plan from Coaches
2:30-3:30	Elmen Center, Augustar	Recovery	Coaches	Recovery/Shower
3:30-5:00	TBD	Supper/M meal	All	Eat and Relax
5:30-7:00	Elmen Center, Augustar	Practice	All	Practice Plan from Coaches
7:00-7:30	Elmen Center, Augustar	Shower	All	Shower
7:30-12:00	Home for the Night	Go to where we are Staying	All	We will have host families for those that need one

Monday June 15, 2026

Time	Location	Event	Staff	Notes
8:00-9:30	Elmen Center, Augustar	Practice	Coaches	Practice Plan from Coaches
9:30-10:30	Elmen Center, Augustar	Shower	Jared	Shower and Prepare to Leave for Milwaukee
10:30-6:00	Road	Travel to Milwaukee, WI	All	Travel in 15 Pass vans and 1 Suburban to Milwaukee, WI
6:00-7:30	1200 S Moorland Rd, Brookfield	Check in to Hotel	All	Hotel is Embassy Suites by Hilton Brookfield
6:00-7:30	Hotel	Get Settled In and Supper	All	Supper is on your own
7:30-8:15	Hotel or Surrounding Area	Stretch legs	All	Will do a walk/light run something just to stretch legs
8:15-11:00	Hotel	Chill	All	Free Time, Chill
11:00-11:15	Hotel	Lights out	All	Be in Rooms you are big boys not telling you when you have to go to sleep, but be respectful of room

Tuesday June 16, 2026

Time	Location	Event	Staff	Notes
6:00-8:00	Hotel	Breakfast	All	Breakfast at Hotel Continental
8:00-11:00	Port Washington HS	Practice/Cut Weight	Coaches	All Wrestlers
11:00-3:00	Hotel	Chill	All	Greco Get ready for weight-ins Freestyle Get ready for Practice
3:00-6:00	Baird Center	Register and Weigh-ins	Jared/Coaches	Greco Weight Check/Registration/Weigh-Ins
3:00-4:30	Port Washington HS	Practice/Cut Weight	Coaches	Freestyle Wrestlers Only Bring Shower Stuff and 2 Sets Workout Clothes
4:30-5:15	Hotel	Travel Back to Hotel	Coaches	Freestyle Only
5:15-6:00	Hotel	Shower	Coaches	Shower
6:00-7:00	Local Area	Supper on Own	All	Supper on Own
7:00-9:00	TBD	Team Building	All	TBD Some type of Team Building Subject to Change
9:00-11:00	Hotel	Chill	All	Hang out rest Subject to Change
11:00-6:00	Hotel	Lights Out/Bed Checks	All	Good Night

Wednesday June 17, 2026

Time	Location	Event	Staff	Notes
6:00-8:00	Hotel	Breakfast	Freestyle	Breakfast at Hotel Continental
6:00-6:45	Hotel	Breakfast	Greco	Breakfast at Hotel Continental
6:45-7:00	Travel to Arena	Travel	Greco	Travel
7:00-8:00	Arena	Warm Up	Greco	Warm Up for Competition
8:00-1:30	Arena	Wrestling	Greco	1st Session
1:30-2:30	Arena	Lunch	Greco	Break Between Sessions. With everyone's \$20 donation at Camp I will go buy food for the two days (water, sandwich meet, fruit, g
2:30-8:00	Arena	Wrestling	Greco	2nd Session we will finish pool wrestling and have 1 match of bracket wrestling. I expect it will be finished before

8:00-8:30	Travel back to Hotel	Travel	Greco	Head back to Hotel for night
8:30-10:00	Hotel	Shower/Eat/Chill	Greco	Shower grab a bite to eat if hungry and chill. Bed Checks at 10:00
8:00-11:00	Port Washington HS	Practice/Cut Weight	Freestyle	Freestyle Wrestlers Only Bring Shower Stuff and 2 Sets Workout Clothes
11:00-3:00	Bair Center	Watch Greco	Freestyle	Watch Greco South Dakota Teammates
3:00-4:30	Port Washington HS	Practice/Cut Weight	Freestyle	Freestyle Wrestlers Only Bring Shower Stuff and 2 Sets Workout Clothes
4:30-5:15	Hotel	Travel Back to Hotel	Freestyle	Freestyle Only
5:15-6:00	Hotel	Shower	Freestyle	Shower
6:00-7:00	Local Area	Supper on Own	Freestyle	Supper on Own
7:00-9:00	TBD	Team Building	Freestyle	TBD Some type of Team Building
9:00-11:00	Hotel	Chill	Freestyle	Hang out rest
11:00-6:00	Hotel	Lights Out/Bed Checks	All	Good Night

Thursday June 18, 2026

Time	Location	Event	Staff	Notes
6:00-7:45	Hotel	Breakfast	Greco	Breakfast and Pack Up-we will not be going back to hotel
7:45-8:00	Travel to Arena	Travel	Greco	Travel
8:00-9:00	Arena	Warm Up	Greco	Warm up for Competition
9:00-3:00	Arena	Wrestling	Greco	Completion of Trny
6:00-9:00	Hotel	Breakfast	Freestyle	Breakfast at Hotel Continental
9:00-1:00	Port Washington HS	Practice/Cut Weight	Freestyle	Freestyle Wrestlers Only
1:00-6:00	Baird Center	Watch Team South Dakota	Freestyle	All wrestlers
4:00-5:00	Arena	Registration and Dual Line	ALL	Verify Lineups, get coaches packet
4:30-5:00	Arena	Check weight	ALL	Check Wt, line up as team for Med Checks/Weigh-Ins
5:00-6:00	Arena	Weigh-Ins	ALL	Weigh-Ins
6:00-7:30	Pasta Restraunt	Supper	All	Supper on Own
7:30-10:00	Hotel	Chill	ALL	Free Time-Bed Checks at 10:00

Friday June 19, 2026

Time	Location	Event	Staff	Notes
6:00-6:45	Hotel	Breakfast	All	Breakfast at Hotel Continental
6:45-7:00	Travel to Arena	Travel	ALL	Travel
7:00-8:00	Arena	Warm Up	All	Warm Up for Competition
8:00-1:30	Arena	Wrestling	ALI	1st Session
1:30-2:30	Arena	Lunch	All	Break Between Sessions. With everyones \$20 donation at Camp I will go buy food for the two days (water, sandwich meet, fruit, g
2:30-8:00	Arena	Wrestling	ALL	2nd Session we will finish pool wrestling and have 1 match of bracket wrestling. I expect it will be finished befo
8:00-8:30	Travel back to Hotel	Travel	All	Head back to Hotel for night
8:30-10:00	Hotel	Shower/Eat/Chill	ALI	Shower grab a bite to eat if hungry and chill. Bed Checks at 10:00

Saturday June 20, 2026

Time	Location	Event	Staff	Notes
6:00-7:45	Hotel	Breakfast	ALL	Breakfast and Pack Up-we will not be going back to hotel
7:45-8:00	Travel to Arena	Travel	ALL	Travel
8:00-9:00	Arena	Warm Up	ALI	Warm up for Competition
9:00-3:00	Arena	Wrestling	ALL	Completion of Trny
3:00-11:00	Travel back to Augustar	Travel Back Home	ALL	Once we get back to Augustana College, kids are released to head home. We will not have lodging t

***Notes Please bring \$20 donation to give to Jared Richter at Check In for Food and drink for cooler during Tournament. Athletes will be responsible
Please make sure both athletes and parents are on Team Reach as I will be posting information of there.
We will not be providing lodging prior to camp or on
If your athlete wants to ride back after tournament with parent or friend I need an email releasing them prior to camp starting.
See Second Sheet for Packing List