

JUNE 2016

SUBJECT Highline Summer Wrestling

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
WEEK 1			1 No Practice	2 Practice 2:30-4:00pm (wrestling for 45 min, then workout) Run by Coach Rice	3 No Practice	4/5 No Practice
WEEK 2	6 No Practice	7 Practice 2:30-4:00pm (wrestling for 45 min, then workout) Run by Coach Rice	8 No Practice	9 Teacher Golf Outing - No Practice	10 No Practice	11/12 No Practice
WEEK 3	13 Graduation - No Practice	14 Practice 2:30-4:00pm (wrestling for 45 min, then workout) Run by Coach Rice	15 No Practice	16 Last Day of School - No Practice	17 No Practice	18/19 No Practice
WEEK 4	20 Practice 11:00am-1:00pm (wrestling for 1 hour, then lift) Run by Coach Rice	21 Practice 11:00am-1:00pm (wrestling for 1 hour, then lift) Run by Coach Rice	22 No Practice	23 @ HCC Team Camp 9:00am-8:00pm	24 @ HCC Team Camp 9:00am-8:00pm	25/26 @ HCC Team Camp (Only 25 th , not 26 th) 9:00am-finished (tournament)
WEEK 5	27 @ Rodgers Team Camp 9:00am-4:00pm	28 @ Rodgers Team Camp 9:00am-4:00pm	29 Rest of week off	30 No Practice		
WEEK 6						

JULY 2016

SUBJECT Highline Summer Wrestling

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
WEEK 1					1 No Practice	2/3 No Practice
WEEK 2	4 No Practice	5 Practice 11:00am-1:00pm (wrestling for 1 hour, then lift) Run by Coach Rice	6 No Practice	7 Practice 11:00am-1:00pm (wrestling for 1 hour, then lift) Run by Coach Rice	8 "Ready to Rumble" 7:00-9:00pm (Wrestling Hard) Run by Coach Perales	9/10 No Practice
WEEK 3	11 No Practice	12 Practice 11:00am-1:00pm (Learn how to do throws, then lift) Run by Coach Rice	13 No Practice	14 Practice 11:00am-1:00pm (Learn how to do throws, then lift) Run by Coach Rice	15 "Ready to Rumble" 7:00-9:00pm (Wrestling Hard) Run by Coach Perales	16/17 No Practice
WEEK 4	18 No Practice	19 Practice 11:00am-1:00pm (Learn how to do throws, then lift) Run by Coach Rice	20 No Practice	21 Practice 11:00am-1:00pm (Learn how to do throws, then lift) Run by Coach Rice	22 "Ready to Rumble" 7:00-9:00pm (Wrestling Hard) Run by Coach Perales	23/24 No Practice
WEEK 5	25 No Practice	26 Practice 11:00am-1:00pm (wrestling for 1 hour, then lift) Run by Coach Rice	27 No Practice	28 Practice 11:00am-1:00pm (wrestling for 1 hour, then lift) Run by Coach Rice	29 "Ready to Rumble" 7:00-9:00pm (Wrestling Hard) Run by Coach Perales	30/31 No Practice
WEEK 6						