

SABERCAT WRESTLING

PRACTICE-SCHEDULE

Practices will be held weekly!

All wrestling athlete's attendance is critical, **missing more than 2 practices during the season will push wrestlers to be ineligible to compete in (Team Wrestle Offs) for a Varsity Weight Class to compete.**

Wrestling practices are sometimes easy, sometimes very technical, and sometimes very difficult. It will be unethical to take spots from a wrestler with good attendance vs. the wrestler showing up 2 days a week. Wrestling is a commitment that parents, athletes, and even coaches must invest in to have a successful season.

Practice Scheduling:

Monday: 3:15pm – 5:30pm

Tuesday: Meet Days/ or 3:15pm-5:30pm

**Wednesday (Morning optional): Weight-Room/ Skill Review
5:55am – 7:00am**

Thursday: 3:15pm-5:30pm

Friday: 3:15pm-5:00pm

