

# OKUSAWrestling Westmoore Wrestling Club

## Summer Schedule/Practice Plans

Practice will be held on Tuesdays and Thursdays from  
Tuesday, May 20, 2025 - Thursday July 31, 2025

**There will be NO PRACTICE – June 29 – July 6**

**OSSAA Dead Week**

**There is no cost  
to attend these  
practices!**

**ALL AGES  
GRADE 7th-12th  
ARE ENCOURAGED  
TO ATTEND**

(Below is a typical practice schedule for the summer.)

4:45pm - Door 22 is open (be sure to scan USA Cards)

5:10PM – Team Meeting

5:15PM – 6:00PM – Team Lift

6:10PM – 7:30PM – Wrestling Practice

The above practices will consist of strength and conditioning  
5:15 to 5:50; Wrestling Practice 6:00pm – 7:15pm.

**WE WILL ALSO BE TRAVELING TO OTHER PRACTICE SITES FOR NATIONAL TEAM  
OBLIGATIONS THROUGHOUT THE SUMMER!**

**As usual, these evening practices allow our multi-sport athletes to attend other  
sports training sessions in the morning while still working on wrestling skills  
during the summer!**