

2025-26 Wrestling conditioning schedule:

Tuesday October 28 3:05-4:00

Monday November 3 3:05-4:00

Thursday November 6 3:05-4:00

Tuesday November 11 3:05-4:00

Thursday November 13 3:05-4:00

Tuesday November 18 3:05-4:00

Thursday November 20 3:05-4:00

Monday November 24 3:05-4:00

Tuesday December 2 3:05-4:00

Thursday December 4 3:05-4:00

Tuesday December 9 3:05-4:00

Camp Time TBD Monday Dec. 15 - Thursday Dec. 18.

Please pick wrestlers up at the main entrance at 4 p.m. after conditioning.

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