

WILLIAMSTON WRESTLING

Practice Schedule - December 2011

M	Dec 19	Practice 9 a – Noon		
T	Dec 20	Practice 9 a – noon		
W	Dec 21	JV – 6a depart for Bryan(OH) Varsity - Practice 9 a – noon	Weigh-in @ Ohio upon arrival	
Th	Dec 22	NO Practice	<p align="center">Suggested Daily Fitness Plan</p> Stretch, walk the wall Run 3 miles 1,000 Jumpropes 1,000 situps or Okies 1,000 pushups 1,000 squats, Bobby Ds, Pullups 3 sets MAX Shadow wrestle/drill Jog :30 Sprint :45 for 6 mins (3 sets) Lift (push, pull, legs) Watch technique videos on FLOWrestling.com Login: hornetwrestler Password: takedown2 Look for college wrestling on Big 10 Network	
F	Dec 23	NO Practice		
Sa	Dec 24	NO Practice		
Su	Dec 25	NO Practice		
M	Dec 26	NO Practice		
T	Dec 27	NO Practice		
W	Dec 28	Practice 9 am – noon		
Th	Dec 29	Practice 9 am – noon		
F	Dec 30	Practice 9 am – noon		
Sa	Dec 31	NO PRACTICE	2012 The Year of the Hornet!	
Su	Jan 1	NO PRACTICE		
M	Jan 2	Practice 9 AM to Noon, Practice 3 PM – 5 PM		
Tu	Jan 3	Practice 3 – 5:30		
W	Jan 4	BEAT PORTLAND!	6 PM	

HOLIDAY PRACTICE EXPECTATION

YOU ARE EXPECTED TO BE AT PRACTICE IF YOU ARE
IN TOWN W/O FAMILY COMMITMENTS
AT THE TIME OF PRACTICE.

CONTACT WEBER BEFORE SCHEDULED PRACTICE
TIME
CELL - 775-1999

BURN THE BOAT
MAKE THE COMMITMENT