



LEHMAN WRESTLING SCHEDULE

[Tentative]

IMPORTANT DATES

1/19 - Pre-season conditioning begins (6:45 AM)
2/1 - Official first practice (6:00 AM)
2/9 - Weight certification (After school / evening)
3/1 - Competition season begins
4/10 - District competition
4/17 - Regional competition
4/23 & 24 - State Tournament

- **Pre-Season Conditioning**

1/19 - 1/22 :: 6:45 AM-7:45AM Conditioning; bring sweats/wrestling shoes; we will run outside on warmer mornings

1/19 - Meet in wrestling room; regular practice warmup; stance & motion; sprawl drills

1/20 - Meet in wrestling room; regular practice warmup; distance run on track

1/21 -

1/22 -

1/25 - 1/29 :: 6:45 AM - 7:45AM Conditioning;

1/25 -

1/26 -

1/27 -

1/28 -

1/29 -

- **Regular Season** 2/1 - 4/9

- **Typical Practice:**

- 0:00-0:10 Jog in circles; tumbling on straight away
- 0:10-0:20 Stretches; coach business;
- 0:20-0:25 Break/Water/Get partners
- 0:25-0:40 Drill - early in season will be most recent techniques; (5 min each)
- 0:40-1:10 Technique - structured early in season
- 1:10-1:15 Break/Water
- 1:15-1:35 Live wrestling
- 1:35-1:45 Conditioning/cool down

- **Meets scheduled as of 1/19**

3/3 - Johnson HS / Hays HS - 6:00 PM @ Johnson HS (Varsity)

3/6 - Diamond Dual TBD @TBD

3/11 - JV Dual @ Comal Canyon HS?

3/13 - Quad dual @ Beeville/CC Carroll (Leave LHS ~5:00AM)