

Season: 2018-2019

Goal: State Champs

Warren Central High School Wrestling (Week4)

Goals: Keep weight down. Dual meet season starts-do not give up falls/Team Commitment-Do not miss practice and put yourself in jeopardy of not being on the team/Goal Sheet/Plan Sheet/win first dual vs. LN(MIC opponent)(improve on technique + mat strategy)

November 19-November 25

Monday November 19-

- 2 lb day
- Practice 3:05/Meeting/Picture Day
- Elem Practice 6-8
- Dress up tomorrow/morning practice (6amV)
- Fundraiser-SNAP

Tuesday November 20-

- 6 am practice V
- Dress up day
- 3:05 pre meet
- 9th/JV/V vs Lawrence North/Techer Sponsor/Alumni Night

Wednesday November 21-

- No School
- Practice 3-5pm
- NO Elem Practice

Thursday November 22-

- Happy Thanksgiving
- Open Gym 8:30am-9:30am

Friday November 23

- Practice 8-10am V1/V2

Saturday November 24-

- Practice 8-9:30 am V1/V2

Sunday November 25- Workout on Your Own!

Upcoming Events: Next week Thurs Nov. 29<sup>th</sup> MIC dual at North Central 9/JV/V. Dec 1<sup>st</sup> Saturday. Big day for Varsity at Cathedral Duals and V2 at Scecina Duals

**COMMITMENT - DEDICATION - RESPONSIBILITY**