

June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Weight Training	4 Speed Training Open Mat	5 Weight Training	6 Speed Training Open Mat	7 Weight Training	8
9 Wrestling League @JCC 3-5	10 Weight Training	11 Speed Training Open Mat	12 Weight Training	13 Speed Training Open Mat	14 Weight Training	15
16 Wrestling League @Norris 3-5	17 Weight Training	18 Speed Training Open Mat	19 Weight Training	20 Speed Training Open Mat	21 Weight Training	22
23 Wrestling League @Falls City 3-5	24 Weight Training Doane- Team Camp	25 Speed Training Doane Team Camp	26 Weight Training Doane Team Camp	27 Speed Training	28 Weight Training	29
30 Wrestling League @ Crete 3-5						

EVENTS

Doane Team Camp 24-26

90\$ to stay in Dorm or 50\$ to commute. Doane College Head coach and Simpson College Head coach will be Lead Clinicians

Open Mats

Open mats will be held from 6-730PM for grades any students grade 7-12. These are technique not conditioning sessions.

Wrestling League

3-5 on Sunday afternoons during June and July.
This will be a chance to work and learn from other schools and wrestlers.