**Practice Plan**

1. **Warm Up 5 minutes**
* light jog
* Stance
* Agilities
1. **Stretch 5 minutes**
* Necks
* Arms
* Shoulders
* Backs
* Legs
1. **Cardio 5 minutes**
* Burpees
* Mountain Climb
* Push Ups
* Situps
* Hit Its
1. **Instruction and Drilling Neutral 30 minutes**
* Duck Under
* Double Leg
* Underhook High Crotch Flair Finish
* Russian Inside Step Jap Finish
* Inside Position Sweep Single
* Underhook Snap Front Head Lock Wave to the Crowd
1. **Round Robin Live Wrestling 30 minutes**
2. **Conditioning 20 minutes**
* Pushups
* Situps
* Plyometrics
* Sprints
1. **Talk 5 minutes**
* Weights
* Character
* Leadership
* Hygiene

**Attendance**

|  |  |  |
| --- | --- | --- |
| 1. **Jon Garcia**
 | 106 | 9 |
| 1. **jordan lopez**
 | 106 | 9 |
| 1. **Alex popescu**
 | 113 | 9 |
| 1. **Kyle Walter**
 | 113 | 10 |
| 1. **Lance Jones**
 | 113 | 10 |
| 1. **chris nguyen**
 | 120 | 12 |
| 1. **carter brossman**
 | 120 | 9 |
| 1. **jared becket**
 | 132 | 10 |
| 1. **jammy alexis**
 | 132 | 10 |
| 1. **justin wanner**
 | 132 | 11 |
| 1. **angel torres**
 | 132 | 12 |
| 1. **sean moyer**
 | 132 | 12 |
| 1. **ameer couvertier**
 | 138 | 10 |
| 1. **john kahn**
 | 138 | 10 |
| 1. **juan gonzales**
 | 138 | 11 |
| 1. **matt roussel**
 | 145 | 9 |
| 1. **sam martin**
 | 145 | 10 |
| 1. **Nana Anim**
 | 145 | 12 |
| 1. **danny silverio**
 | 145 | 12 |
| 1. **cameron beckett**
 | 152 | 9 |
| 1. **kenny rosario**
 | 152 | 12 |
| 1. **ben nelson**
 | 160 | 9 |
| 1. **joaby mcminn**
 | 170 | 9 |
| 1. **gianni polanco**
 | 170 | 10 |
| 1. **Alex Cruz**
 | 182 | 10 |
| 1. **matt snyder**
 | 182 | 12 |
| 1. **alex wartzenluft**
 | 196 | 10 |
| 1. **Nick Velasquez**
 | 195 | 10 |
| 1. **Colt moyer**
 | 195 | 12 |
| 1. **Jake Hess**
 | 195 | 12 |
| 1. **Diego Rodriguez**
 | 220 | 10 |
| 1. **Kyle Pogue**
 | 220 | 11 |
| 1. **Dominic Melendez**
 | 220 | 11 |
| 1. **James Sweitzer**
 | 285 | 11 |
| 1. **Danny Swope**
 | 285 | 11 |
| 1. **Emmit Einslin**
 |  | 9 |
| 1. **Cristian Liz**
 |  | 9 |