**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 |