**Practice Plan**

1. **Warm Up 5**

* light jog
* Stance
* Agilities

1. **Stretch 5**

* Necks
* Arms
* Shoulders
* Backs
* Legs

1. **Cardio 5**

* Burpees
* Mountain Climb
* Push Ups
* Situps
* Hit Its
* Jump Rope

1. **Instruction and Drilling -Pinning Combinations 30**

* Hazard Tilts
* Half Nelsons
* Reverse Half Nelsons
* Arm Bars
* Lace Bars with Stack
* Near Side Cradle
* CrossFace Cradle
* Pick and Turk

1. **Matches- Live Wrestling 30**

* 60-60-60
* 90-90-90
* 2-2-2
* Switch Partners

1. **Conditioning 20**

* Pushups

1. Regular
2. Chinese
3. Wide Grip
4. Reverse Grip
5. Fingertip
6. Marine
7. Inverted
8. Close Grip
9. One Handed

* Situps

1. Regular
2. Crunches
3. Leg Lifts
4. Rope Climbers
5. Bicyclers

* Plyometrics

1. Feet Together
2. Bounding
3. Left Leg Up
4. Right Leg Up
5. Alternate
6. Mountain Climb
7. Burpees

* Sprints

1. **Talk 5**

* Weights
* Character
* Leadership
* Hygiene

**Attendance**

* **Jared Beckett**
* **Justin Wanner**
* **Johnny Khan**
* **Angel Torres**
* **Sean Moyer**
* **Danny Silverio**
* **Jake Schultz**
* **Kenny Rosario**
* **Jake Hess**
* **Matt Snyder**
* **Kyle Pogue**
* **Colton Moyer**
* **Joaby McMinn**
* **Cameron Beckett**
* **Diego Rodriguez**
* **James Sweitzer**
* **Dan Swope**
* **Lance Jones**
* **Andrew Scheidty**
* **Gianni Velez**
* **Sam**
* **Ameer**
* **Dominic Melendez**
* **Juan**

Notes: