

2019 **“Offseason” Training Program**

June - August

Weight Room Open Monday-Friday 5:30 pm - 6:30 pm

Efren Rodriguez (CHS Wrestling Assistant Coach and Whole Body Fitness professional fitness instructor) will be organizing the workouts.

Wrestling Practices held in the Mat Room Monday & Wednesday 6:30 pm – 7:30 pm

Wrestling Workouts are 6:30 pm-7:30 pm Mondays & Wednesdays starting **June 10th & going through August 9th** (Two months of dedication will bring you *many* victories on the mat next season!).

→ No workout will occur on Thursday, July 4th.

→ No workouts will occur during J Rob Camps (see below).

July 14th - July 23rd

JROB Wrestling “Combo” Camp @ Chico High

Cost is \$200 for Chico High Wrestlers for each camp; this is a 50% discount for Chico High School Wrestlers.

The **technique camp** is July 14th-18th and the **competition camp** is July 19th-23rd.

If you want to do just one camp, we recommend the competition camp. Pay your deposit online and let **Coach Rollins** know so he can put you on the CHS list.

Go to www.jrobinsoncamps.com

2019 Summer Training Policy

- 80% attendance for summer workouts is **mandatory**. If you are lifting with the CHS football team, that will count towards your weight lifting attendance...but you still will need to make one wrestling workout per week to maintain 80% attendance.
- We will only have open mat room in June through August. **Weightlifting will run the entire summer**. Make sure you are getting on a consistent lifting schedule; it will pay off for you next year. We can make you a better *wrestler* if you put in the time on the mat; we can only make you a stronger wrestler if you put in the time in the *weight room*.

- Athletes should be cleared with Kelley Serl in the Athletics Office before any practices:
- Physical must be up to date. Email Kelley at kserl@chicousd.org for information.

- Coach Rodriguez (530) 520-4010
- Coach Rollins (530) 864-3702 or krollins@chicousd.org
- Coach Mathews (530) 521-0569 or jmathews@chicousd.org

‘If you're not training, someone else is and when you meet him, he will beat you.’