

## 2018: **Off Season 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. Athlete must be cleared with Kelley in Main Office.*

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

Wrestling Workouts are 6:30 pm-7:30 pm Mondays & Wednesdays starting June 11<sup>th</sup> and going through August 13<sup>th</sup> (Two months of dedication will bring you *many* victories on the mat next season!). Athlete must be cleared with Kelley in Main Office.

→ No workout will occur on Wednesday, July 4<sup>th</sup>.

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

### July 15<sup>th</sup> - July 24<sup>th</sup>

#### 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 15<sup>th</sup>- 19<sup>th</sup> and the **competition camp** is July 20<sup>th</sup>-24<sup>th</sup>. If you want to do just one camp, we recommend the competition camp. Pay deposit online and let **Coach Rollins** know so he can put you on the CHS list. Go to [www.jrobinsoncamps.com](http://www.jrobinsoncamps.com)

## Summer Training Policy

- 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. Weight lifting will run the entire summer. Make sure you are getting on a consistent lifting schedule; it will pay off for you next year.

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

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