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.jrobincamp.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."