**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

1. **Instruction and Drilling –Defense 30**

* Head, Hands and Hips
* Sprawling
* Quarter Nelsons
* Front Head Lock
* Wizzer and Cut Backs
* Switching Over Top
* Funks
* Russian Spins
* Kolats

1. **Situations- Live Wrestling 30**
2. **Conditioning 20**

* Pushups
* Situps
* Plyometrics
* Sprints

1. **Talk 5**

* Weights
* Character
* Leadership
* Hygiene

**Attendance**

* **Jared Beckett**
* **Christian Salcedo**
* **Jared Guest**
* **Zach Snow**
* **Justin Wanner**
* **Jason Brixter**
* **Angel Torres**
* **Sean Moyer**
* **Alec Brossman**
* **Derek Sekulski**
* **Danny Silverio**
* **Jon Sekulski**
* **Jon Santiago**
* **Kenny Rosario**
* **Chris Gutierrez**
* **Andrew Espinal**
* **Jake Hess**
* **Matt Snyder**
* **Jeremiah Garcia**
* **Blailin Baker**
* **Aaron Lightcap**
* **Ramon Perez**
* **Kyle Pogue**
* **Colton Moyer**
* **Diego Rodriguez**
* **James Sweitzer**
* **Dan Swope**
* **Diego Rodriguez**
* **Jimmy Sturdivant**