



DRAGON WRESTLING YEAR AT A GLANCE



Month	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	
ATHLETES ENROLLED WRESTLING ATHLETIC PERIOD (4TH/8TH PERIOD)													
Wrestling Athletics	Pre-Season Training (Technique, Weight Certification, Goals, Leadership, Nutrition, etc.)		UIL Wrestling Season (Study/Leadership/Team Building 2:00-2:30pm; Practice 2:30-4:30pm)				Strength Program (Lifting program Monday-Thursday during athletics, Friday Competition Days)			Summer Camps (Home & Travel Camps)	Open Mat/Weighs Practices		
Expectations	Performance Course (Wrestling-specific Functional Training; After School Monday-Thursday 3:30- 4:45pm)						FS/GR TXUSAW Season; Practices 2X week after school			FS/GR Summer Camps (Home & Travel Camps)	Open Mat/Weighs Practices		
ATHELETES INVOLVED A FALL SPORT													
Fall Sport Athletes	Fall Sport		Fall Sport Off-Season/UIL Wrestling (After School practice 3:35-5:30pm)				Fall Sport Off-Season/Spring Sport After School			Performance Course		Fall Sport	
Expectations for Wrestling			Weight Certification					FS/GR TXUSAW Season; FS/GR Practices 2X week after school			Summer Camps (Home & Travel Camps)	Open Mat/Weighs Practices	
IMPORTANT DATES													
Team Events		Golf Tournament (Fundraiser)	Team Lock-In					End of season Banquet	End of the year BBQ & Team Building				
National Tournaments			Pre-season Nationals (Freakshow, USAW Preseason Nats, etc.)					Post-Season Nationals (Brute, NHSCA, USAW Folkstyle Nats, FloNationals)			FS/GR National Duals (Team Texas, must qualify during FS/GR season)	FARGO- FS/GR Nationals (Team Texas, must qualify during FS/GR season)	
Parent Meetings	Fall Parent Meeting			NEW Parent Meeting/ Wrestling 101				Spring Parent Meeting					