

EASTLAKE WRESTLING 2022



APRIL

Sunday	Monday-AGILITY	Tuesday-PLYOS/FOOTWORK	Wednesday-LIVE	Thursday-CARDIO	Friday-CARDIO/FOOTWORK	Saturday
27 WEEK 20	28 A DAY	29 B DAY	30 A DAY	31 B DAY	1 END OF 3 WKS GRADE CHECK	2
	Weight Room @ 2:45 pm		Weight Room @ 2:45 pm		Weight Room @ 2:45 pm	NO PRACTICE
	Agility @ 3:30 pm		Plyos/Footwork @ 3:30 pm		Cardio/Footwork @ 3:30 pm	CORONADO FREESTYLE/
	Practice @ 4:30pm		Practice @ 4:30pm		Practice @ 4:30pm	GRECO TOURNAMENT
3 WEEK 21	4 B DAY	5 A DAY	6 B DAY	7 A DAY	8 B DAY	9
	Practice @ 4:30pm	Weight Room @ 2:45 pm	Practice @ 4:30 pm	Weight Room @ 2:45 pm		
		Agility @ 3:30 pm		MONTWOOD		
		Practice @ 4:30pm		FREESTYLE TOURNAMENT		
10 WEEK 22	11 A DAY	12 B DAY	13 A DAY	14 B DAY	15	16
	Weight Room @ 2:45 pm	Practice @ 4:30pm	Weight Room @ 2:45 pm	NO PRACTICE	GOOD FRIDAY-NO SCHOOL	EASTER WEEKEND-NO ACTIVITIES
	Agility @ 3:30 pm		Plyos/Footwork @ 3:30 pm			
	Practice @ 4:30pm		TBA			
			FREESTYLE TOURNAMENT			
17 WEEK 23	18 A DAY	19 B DAY	20 A DAY	21 B DAY	22 A DAY	23
	Weight Room @ 2:45 pm	Practice @ 4:30pm	Weight Room @ 2:45 pm	NO PRACTICE	AZTEC CHALLENGE	AZTEC CHALLENGE
	Agility @ 3:30 pm		Plyos/Footwork @ 3:30 pm		FARMINGTON, NM	FARMINGTON, NM
	Practice @ 4:30pm		Practice @ 4:30pm			
24 WEEK 24	25 B DAY	26 A DAY	27 B DAY	28 A DAY	29 B DAY	30
	Practice @ 4:30pm	Weight Room @ 2:45 pm	Practice @ 4:30pm	Weight Room @ 2:45 pm	Practice @ 4:30pm	YISD MS TOURNAMENT
		Plyos/Footwork @ 3:30 pm		Cardio/Footwork @ 3:30 pm		TBA
		Practice @ 4:30pm				EASTWOOD FREESTYLE
						TOURNAMENT
	MIS PRACTICE @ 5:30PM	MIS PRACTICE @ 5:30PM	MIS PRACTICE @ 5:30PM	MIS PRACTICE @ 5:30PM	MIS PRACTICE @ 5:30PM	