

EASTLAKE WRESTLING 2022



JUNE

Sunday	Monday-AGILITY	Tuesday-PLYOS/FOOTWORK	Wednesday-LIVE	Thursday-CARDIO	Friday-CARDIO/FOOTWORK	Saturday
29	30 <i>MEMORIAL DAY-OFF</i>	31 <i>A-DAY</i>	1 <i>B-DAY</i>	2 <i>A-DAY</i>	3	4 OFF- Closed
	NO PRACTICE	NO PRACTICE	NO PRACTICE	LAST DAY OF SCHOOL	NO PRACTICE	
5 <i>WEEK 1</i>	6	7	8	9	10	11
	Eastlake Weight Room/Open Mat 7:00 am - 9:00 am				OFF- Closed	OFF- Closed
12 <i>WEEK 2</i>	13	14	15	16	17	18
	Eastlake Weight Room/Open Mat 7:00 am - 9:00 am				OFF- Closed	OFF-Closed
19 <i>WEEK 3</i>	20	21	22	23	24	25
	Eastlake Weight Room/Open Mat 7:00 am - 9:00 am				OFF- Closed	OFF-Closed
				Eastlake Competition Camp 3:00 pm		
26 <i>WEEK 4</i>	27	28	29	1	2	3
	Eastlake Weight Room/Open Mat 1:00 pm - 3:00 pm				OFF- Closed	OFF-Closed
				Eastlake Competition Camp 3:00 pm		