

EASTLAKE WRESTLING 2022



MAY

Sunday	Monday-AGILITY	Tuesday-PLYOS/FOOTWORK	Wednesday-LIVE	Thursday-CARDIO	Friday-CARDIO/FOOTWORK	Saturday
1	2 <i>A DAY</i>	3 <i>B DAY</i>	4 <i>A DAY</i>	5 <i>B DAY</i>	6 <i>A DAY</i>	7
	Weight Room @ 2:45 pm	Practice @ 4:30pm		EOC Testing-US History	Weight Room @ 2:45 pm	
	Agility @ 3:30 pm			Practice @ 4:30pm	Cardio/Footwork @ 3:30 pm	
	Practice @ 4:30pm				Practice @ 4:30pm	
8	9 <i>B DAY</i>	10 <i>A DAY</i>	11 <i>B DAY</i>	12 <i>A DAY</i>	13 <i>B DAY</i>	14
	EOC Testing-Algebra	EOC Testing-Biology	Practice @ 4:30 pm	Weight Room @ 2:45 pm		
		Weight Room @ 2:45 pm		Cardio/Footwork @ 3:30 pm		
		Practice @ 4:30pm		Practice @ 4:30pm	TUSAW Freestyle/Greco State	TUSAW Freestyle/Greco State
15	16 <i>A DAY</i>	17 <i>B DAY</i>	18 <i>A DAY</i>	19 <i>B DAY</i>	20 <i>A DAY</i>	21
	Weight Room @ 2:45 pm	Practice @ 4:30pm	Weight Room @ 2:45 pm	NO EASTLAKE PRACTICE	EASTLAKE BANQUET 6PM-8PM	
	Agility @ 3:30 pm		Plyos/Footwork @ 3:30 pm			
	Practice @ 4:30pm		Practice @ 4:30pm			
22	23 <i>B DAY</i>	24 <i>A DAY</i>	25 <i>B DAY</i>	26 <i>A DAY</i>	27 <i>B DAY</i>	28
	NO EASTLAKE PRACTICE	NO EASTLAKE PRACTICE	NO EASTLAKE PRACTICE	NO EASTLAKE PRACTICE	NO EASTLAKE PRACTICE	
29	30 <i>B DAY</i>	31 <i>A DAY</i>	1 <i>B DAY</i>	2 <i>A DAY</i>	3	4
	NO PRACTICE	NO PRACTICE	NO PRACTICE	LAST DAY OF SCHOOL	NO PRACTICE	NO PRACTICE