

# October 2011: Heights Wrestling Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					Sep 30 Lock-In 2011 ALL WRESTLERS MUST ATTEND	1 Heights Open@ Olympic Heights Weighin 8-10 Wrestling 11am
2 OFF	3 StudyHall 2:45-3:30 Wrestle 3:30-5:30	4 StudyHall 2:45-3:30 Lift 3x10 Legs 3:30-5:00	5 StudyHall 2:45-3:30 Wrestle 3:30-5:30 7	6 StudyHall 2:45-3:30 Lift 3x10 Legs 3:30-5:00	7 StudyHall 2:45-3:30 Wrestle 3:30-5:30	8 Beach Practice meet at the Bus at noon @Palmetto Beach
9 OFF	10 StudyHall 2:45-3:30 Wrestle 3:30-5:30  Fill out paperwork with the team	11 StudyHall 2:45-3:30 Lift 5x5 Chest 3:30-5:00 *Team physicals with Dr. Rudnick	12 StudyHall 2:45-3:30 Wrestle 3:30-5:30	13 StudyHall 2:45-3:30 Lift 5x5 Chest 3:30-5:00	14 School Off No practice Varsity, leave for Springstead at 5pm	15 Springstead Duals @Springstead HS(Varsity only)  JV at Cooper City
16 OFF	17 StudyHall 2:45-3:30 Lift 3x10 Legs 3:30-5:00	18 Sports Medicine presentation w/Dr. Rudnick 3-4pm 4-5pm Live wrestle	19 StudyHall 2:45-3:30 Wrestle 3:30-5:30	20 4 <sup>th</sup> Annual Pushup-A-Thon Athletic Packets Due Spirit Pack Due	21 OFF Must have all paperwork completed	22 Boca Jets and Dragons kids club recruiting
23/30 OFF	24/31 FIRST OFFICIAL PRACTICE!!! THE CHASE FOR STATE BEGINS!!!	25 StudyHall 2:45-3:30 Wrestle 3:30-6:15	26 StudyHall 2:45-3:30 Wrestle 3:30-6:15	27 StudyHall 2:45-3:30 Wrestle 3:30-6:15	28 StudyHall 2:45-3:30 Wrestle 3:30-6:15	29