

Seven Lakes Wrestling Spring 2025 Schedule

<u>Sunday</u> 16-Feb	<u>Monday</u> 17-Feb	<u>Tuesday</u> 18-Feb	<u>Wednesday</u> 19-Feb	<u>Thursday</u> 20-Feb	<u>Friday</u> 21-Feb	<u>Saturday</u> 22-Feb
Break	No School Teacher Inservice	No Athletic Period Workout or After School Workouts	No Athletic Period Workout or After School Workouts	No Athletic Period Workout or After School Workouts	No Athletic Period Workout or After School Workouts	
23-Feb	24-Feb	25-Feb	26-Feb	27-Feb	28-Feb	6-Mar
11 Weeks of Spring Workouts Left	5th - Big Weight Room Lift	5th - Mat	5th - Big Weight Room Lift	5th - Circuit Lift / Mat	5th - Tube Lift / Mat	
	7th - Weight Lift (Wrestling Room)	7th - Mat	7th - Weight Lift (Wrestling Room)	7th - Circuit Lift / Mat	7th - Tube Lift / Mat	
	Room Closed After School	Room Closed After School	Room Closed After School	Room Closed After School	Room Closed After School	
2-Mar	3-Mar	4-Mar	5-Mar	6-Mar	7-Mar	8-Mar
10 Weeks of Spring Workouts Left	5th - Big Weight Room Lift	5th - Mat	5th - Big Weight Room Lift	5th - Circuit Lift / Mat	5th - Tube Lift / Mat	
	7th - Weight Lift (Wrestling Room)	7th - Mat	7th - Weight Lift (Wrestling Room)	7th - Circuit Lift / Mat	7th - Tube Lift / Mat	
	Room Closed After School	Room Closed After School	Room Closed After School	Room Closed After School	Room Closed After School	

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<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
9-Mar	10-Mar	11-Mar	12-Mar	13-Mar	14-Mar	15-Mar
Spring Break	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
16-Mar	17-Mar	18-Mar	19-Mar	20-Mar	21-Mar	22-Mar
9 Weeks of Spring Workouts Left	5th - Mat	5th - Mat	5th - Big Weight Room Lift	5th - Mat	5th - Live Competition	
	7th - Mat	7th - Mat	7th - Weight Lift (Wrestling Room)	7th - Mat	7th - Live Competition	
	Mandatory Weight Lift & Optional Open Mat 2:35-4:00pm	Optional Open Mat 2:35-4:00pm	Room Closed After School	Optional Open Mat 2:35-4:00pm	Room Closed After School	
23-Mar	24-Mar	25-Mar	26-Mar	27-Mar	28-Mar	29-Mar
8 Weeks of Spring Workouts Left	5th - Mat	5th - Mat	5th - Big Weight Room Lift	5th - Mat	5th - Live Competition	
	7th - Mat	7th - Mat	7th - Weight Lift (Wrestling Room)	7th - Mat	7th - Live Competition	
	Mandatory Weight Lift & Optional Open Mat 2:35-4:00pm	Optional Open Mat 2:35-4:00pm	Room Closed After School	Optional Open Mat 2:35-4:00pm	Room Closed After School	

Seven Lakes Wrestling Spring 2025 Schedule

<u>Sunday</u> 30-Mar	<u>Monday</u> 31-Mar	<u>Tuesday</u> 1-Apr	<u>Wednesday</u> 2-Apr	<u>Thursday</u> 3-Apr	<u>Friday</u> 4-Apr	<u>Saturday</u> 5-Apr
7 Weeks of Spring Workouts Left	5th - Mat	5th - Mat	5th - Big Weight Room Lift	5th - Mat	5th - Mat	
	7th - Mat	7th - Mat	7th - Weight Lift (Wrestling Room)	7th - Mat	7th - Mat	
	Mandatory Weight Lift & Optional Open Mat 2:35-4:00pm Junior High Wrestling 4:45-6:15pm	Optional Open Mat 2:35-4:00pm Junior High Wrestling 4:45-6:15pm	Room Closed After School End of Season Banquet @ SLHS Main Commons	Optional Open Mat 2:35-4:00pm Junior High Wrestling 4:45-6:15pm	Room Closed After School	
6-Apr	7-Apr	8-Apr	9-Apr	10-Apr	11-Apr	12-Apr
6 Weeks of Spring Workouts Left	5th - Mat	5th - Mat	5th - Big Weight Room Lift	5th - Mat	5th - Mat	
	7th - Mat	7th - Mat	7th - Weight Lift (Wrestling Room)	7th - Mat	7th - Mat	
	Mandatory Weight Lift & Optional Open Mat 2:35-4:00pm Junior High Wrestling 4:45-6:15pm	Optional Open Mat 2:35-4:00pm	Room Closed After School	Optional Open Mat 2:35-4:00pm	Room Closed After School	
13-Apr	14-Apr	15-Apr	16-Apr	17-Apr	18-Apr	19-Apr
5 Weeks of Spring Workouts Left	5th - Mat	5th - Mat	5th - Big Weight Room Lift	5th - Mat	No School	
	7th - Mat	7th - Mat	7th - Weight Lift (Wrestling Room)	7th - Mat		
	Mandatory Weight Lift & Optional Open Mat 2:35-4:00pm Junior High Wrestling 4:45-6:15pm	Optional Open Mat 2:35-4:00pm Junior High Wrestling 4:45-6:15pm	Room Closed After School	Room Closed After School		

Seven Lakes Wrestling Spring 2025 Schedule

<u>Sunday</u> 20-Apr	<u>Monday</u> 21-Apr	<u>Tuesday</u> 22-Apr	<u>Wednesday</u> 23-Apr	<u>Thursday</u> 24-Apr	<u>Friday</u> 25-Apr	<u>Saturday</u> 26-Apr
4 Weeks of Spring Workouts Left	Teacher Inservice No School	5th - Mat	5th - Big Weight Room Lift	5th - Mat	5th - Live Competition	
		7th - Mat	7th - Weight Lift (Wrestling Room)	7th - Mat	7th - Live Competition	
		Optional Open Mat 2:35-4:00pm Junior High Wrestling 4:45-6:15pm	Room Closed After School	Optional Open Mat 2:35-4:00pm	Room Closed After School	
27-Apr	28-Apr	29-Apr	30-Apr	1-May	2-May	3-May
3 Weeks of Spring Workouts Left	5th - Mat	5th - Mat	5th - Big Weight Room Lift	5th - Mat	5th - Live Competition	
	7th - Mat	7th - Mat	7th - Weight Lift (Wrestling Room)	7th - Mat	7th - Live Competition	
	Mandatory Weight Lift & Optional Open Mat 2:35-4:00pm Junior High Wrestling 4:45-6:15pm	Optional Open Mat 2:35-4:00pm Junior High Wrestling 4:45-6:15pm	Room Closed After School	Optional Open Mat 2:35-4:00pm Junior High Wrestling 4:45-6:15pm	Room Closed After School	
4-May	5-May	6-May	7-May	8-May	9-May	10-May
2 Weeks of Spring Workouts Left - Fitness Tests	5th - F.T. Weigh In and Bench	5th - Mat	5th - F.T. Pull Ups and 1/4 Mile	5th - Mat	5th - F.T. Dead Lift	
	7th - F.T. Weigh In and Bench	7th - Mat	7th - F.T. Pull Ups and 1/4 Mile	7th - Mat	7th - F.T. Dead Lift	
	Room Closed After School	Optional Open Mat 2:35-4:00pm	Room Closed After School	Optional Open Mat 2:35-4:00pm	Room Closed After School	

Seven Lakes Wrestling Spring 2025 Schedule

<u>Sunday</u> 11-May	<u>Monday</u> 12-May	<u>Tuesday</u> 13-May	<u>Wednesday</u> 14-May	<u>Thursday</u> 15-May	<u>Friday</u> 16-May	<u>Saturday</u> 17-May
Final Week of Spring Workouts - Fitness Tests	5th - F.T. Push Press (3x) & Retests	5th - Mat	5th - F.T. Mile & Retests	5th - Mat	5th - F.T. Hang Clean (3x) & Retests	
	7th - F.T. Push Press (3x) & Retests	7th - Mat	7th - F.T. Mile & Retests	7th - Mat	7th - F.T. Hang Clean (3x) & Retests	
	Room Closed After School	Optional Open Mat 2:35-4:00pm	Room Closed After School	Optional Open Mat 2:35-4:00pm	Room Closed After School	
18-May	19-May	20-May	21-May	22-May	23-May	24-May
Exams	Exams	Exams	Exams	1/2 Day Exams	No School	
	Room Closed After School	Room Closed After School	Room Closed After School	Room Closed After School		
25-May	26-May	27-May	28-May	29-May	30-May	31-May
<p>Summer Strength and Conditioning Begins Monday, June 2nd</p>						