

HILLS EAST WRESTLING

PRESEASON WORKOUT SCHEDULE

OPEN TO ALL HHH WRESTLERS 7TH -12TH

TUESDAYS 2:15-4:00PM STRENGTH & CONDITIONING	THURSDAYS 6:00 – 7:30 PM WRESTLING
10/5 10/12 10/ 19 ** MEETING** 10/26 11/9- ROOM SET UP	9/ 30 10/7 10/14 10/21 10/28 11/4

**** DON'T FORGET SEASON STARTS MONDAY, NOVEMBER 15TH****
ALL PHYSICAL PAPERWORK SHOULD BE TURNED IN WELL BEFORE.
CERTIFICATIONS ARE SATURDAY, NOVEMBER 20TH

**JOIN HILLS EAST WRESTLING TEAM TEXT
REMIND BY TEXTING MESSAGE
@HEWRESTLIN TO THE # 81010**