

Nordonia 2017-18 Wrestling

OHSAA Dates		OHSAA Dates	
Nov. 10, 2017	First Day of Coaching & First Day of Practice M.S. & H.S.	Jan. 31	Regional Semifinals & Finals(Team)
Nov.11	Earliest Preview Date	Feb. 10 or 11	State Semifinals & Finals(Team)
Dec. 1	Season Begins	Feb 19-24	Sectional Tournaments (Indiv)
Dec. 25	Non-Interscholastic Date	Feb 27-Mar. 3	District Tournaments (Indiv)
Jan. 24, 2018	Regional Quarterfinals Team	Mar. 8-10	State Tournament (Indiv)
Jan. 28	Sectional Tournament Draw (Individual)	Mar. 10	Season Ends
	High School		Middle School
Nov. 17	Streetsboro Preview	6pm	
Dec. 1-2	Solon Comet Classic	4:30pm/9am	Dec. 2
Dec 8-9	Northeast Classic @Independence H.S	3pm/9am	Dec. 6
Dec. 16	Pymatuning Valley HS Tournament	10am	Dec. 13
Dec. 22	Brecksville/Hudson Tri Meet	6pm	
Dec. 29-30	Kenston Invitational	9am/9am	
Jan. 4, 2018	North Royalton/Wadsworth	6pm	Jan. 3
Jan. 12-13	Top Gun Alliance HS	9:30am/9:30am	Jan. 6
Jan. 18	Cuyahoga Falls/Stow	6pm	Jan. 17
Jan. 27	Home Cable 9 Tri Aurora/Twinsburg	10am	Jan. 27
Feb. 3	League Meet @ Barberton	10am	Feb. 2-3

School Day Schedule

Weekend Practice TBA Weekly

2:12 H.S. Ends

2:25 Room 204 Coach Lara Study Table

3:00 Middle School Boards Bus for H.S.

3:10 End Study Tables Head to locker room to get ready for Practice

3:25 Receive Middle School Team-M.S. Coaches must be to practice room by 3:20

3:30 Wrestling Warm Ups-Stretch/Neck Bridges, Jog, Cals, Spin Drill, Hip Heist

3:45 Jump Rope

3:50 Instruction-Stance and Motion – Hand Fighting/Drill

4:30 4/15 – 4 = 1. Push Ups 2. Jack Knives 3. Reach for Stars 4. Squat Thrusts For **WATER**

4:40 Live – Groups, Situations, Bulls, 3 Man Up Down Outs, Coaches decide daily in this period

5:10 4/15 For **WATER**

5:15 2-3 Matches 1st period 3 Minutes 2nd 2 Minutes 3rd 2 Minutes OT & **WATER**

5:35 Circuit Training 2-3 Days and Teaching 2-3 Days

6:00 **END! WORK WITH KIDS WANTING EXTRA!**

HS/MS Coaches each at least ONE day in Youth Practice

Middle School Coaches to use this outline and Coach M.S. Team Separate from H.S. Team