

North Gwinnett Wrestling

In GHSA High School sports, wrestling is a winter sport. Practice starts on October 24th and the season continues till its end in February. Although our sport competes in the winter time we spend all year preparing ourselves for those winter months. The work we put in during the off-season sets our bodies and minds up to become successful when the time comes.

Pre-season workouts will begin on August 15th. The goal is to have workouts 3 times a week in the weight room. Practice will start at 2:15 and go until 3:15. We will have a combination of running, lifting, agility, and preparing our bodies for battle.

Know that our workouts can be subject to change due to many different factors, weather, schedule conflicts, space conflicts, ex. Please make sure that you have the Rankone Sports app on your phone, with notifications on, so that you can keep updated with sudden changes.

To be able to participate in any school sports activity you must have all forms including a current physical (turned into Mrs. Johnson) completed in Rankone Sports. Cost for preseason wrestling training will be \$100. This cost will be deducted from your wrestling dues at the beginning of the season. Payments due by 9/5. Payments can be submitted through paypal online, check (NGHS Wrestling Club), or cash.

This training period is huge for our growth as a program along with each wrestler's growth in performance. We are setting the body up for a great season. Workouts are designed to be sport specific. Each workout is not only designed to make us better, stronger, more dynamic wrestlers, but also prepare our bodies for the long season ahead and help prevent injuries. Although all out of season workouts are voluntary, consistency is the key to success. You cannot get better without putting in the right work, we cannot get better without you.

GO BULLDOGS!!!!

Kyle McKee

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August 2022



July '22							September '22							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
					1	2						1	2	3
3	4	5	6	7	8	9	4	5	6	7	8	9	10	
10	11	12	13	14	15	16	11	12	13	14	15	16	17	
17	18	19	20	21	22	23	18	19	20	21	22	23	24	
24	25	26	27	28	29	30	25	26	27	28	29	30		
31														

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 PrePlanning →	2	3 First Day Of School 9	4 First Day Of School 10,11,12	5	6
7	8	9	10	11 Pre Season Informational Meeting	12	13
14	15 PreSeason After School 2:15 - 3:15	16 PreSeason After School 2:15 - 3:15	17	18 PreSeason After School 2:15 - 3:15	19	20
21	22 PreSeason After School 2:15 - 3:15	23 PreSeason After School 2:15 - 3:15	24	25 PreSeason After School 2:15 - 3:15	26	27
28	29 PreSeason After School 2:15 - 3:15	30 PreSeason After School 2:15 - 3:15	31	1 PreSeason After School 2:15 - 3:15	2	3
4	5	Notes Calender subject to change due to weight room avaiability once we start our preseason on Aug 15th. Weather, schedules, and other conflicts can alter our schedule please make sure you are receiveing all rankone messages for any updates.				

September 2022



August '22						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

October '22						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 PreSeason After School 2:15 - 3:15	30 PreSeason After School 2:15 - 3:15	31	1 PreSeason After School 2:15 - 3:15	2	3 (RECOMMEND) Super 32 Qualifier Ola HS
4	5	6 PreSeason After School 2:15 - 3:15	7 PreSeason After School 2:15 - 3:15	8 PreSeason After School 2:15 - 3:15	9	10
11	12 PreSeason After School 2:15 - 3:15	13 PreSeason After School 2:15 - 3:15	14	15 PreSeason After School 2:15 - 3:15	16	17
18	19 PreSeason After School 2:15 - 3:15	20 PreSeason After School 2:15 - 3:15	21	22 PreSeason After School 2:15 - 3:15	23	24
25	26 PreSeason After School 2:15 - 3:15	27 PreSeason After School 2:15 - 3:15	28	29 PreSeason After School 2:15 - 3:15	30	1
2	3	Notes Calender subject to change due to weight room avaiability once we start our preseason on Aug 15th. Weather, schedules, and other conflicts can alter our schedule please make sure you are receiveing all rankone messages for any updates.				

October 2022



September '22

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

November '22

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26 PreSeason After School 2:15 - 3:15	27 PreSeason After School 2:15 - 3:15	28	29 PreSeason After School 2:15 - 3:15	30	1
2	3 PreSeason After School 2:15 - 3:15	4 PreSeason After School 2:15 - 3:15	5 PreSeason After School 2:15 - 3:15	6	7	8
9	10	11 PreSeason After School 2:15 - 3:15	12 PreSeason After School 2:15 - 3:15	13 PreSeason After School 2:15 - 3:15	14	15
16	17	18 MANDATORY PARENT MEETING 6:30 MPR	19 PreSeason After School 2:15 - 3:15	20 PreSeason After School 2:15 - 3:15	21	22
23	24 First Day of Practice	25	26	27	28	29
30	31	Notes PRACTICE STARTS ON OCTOBER 24th Calendar subject to change due to weight room availability once we start our preseason on Aug 15th. Weather, schedules, and other conflicts can alter our schedule please make sure you are receiving all rankone messages for any updates.				