

May

2019

Wrestling Summer Schedule

Upcoming Summer Dates:

Granby Camp @ New Madrid: May 24-26 – Coaches Going Along
 Jackson Camp @ Jackson: June 3-6 – Local Opportunity – On your own
 Mizzou Camp @ Jackson: June 9-11 – Local Opportunity – On your own
 CHS/CJHS Camp @ CHS: June 10-13 (6:00-7:30)
 McCracken County Camp : June 23-24 – Coaches Going Along
 Dual Days with Local MO teams : (6 :00-7 :30)
 June 4th (@Cape), June 18th @P. Bluff), July 9th (@Sikeston),
 & July 23rd (@New Madrid)
 Dead Period: June 29th-July 7th



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 3:00-5:30 @ Jackson	2 3:00-4:45 Weightlifting	3 Off	4 Off
5 Off	6 3:00-4:30 Weightlifting 4:30-6:00 Open Mat	7 3:00-4:45 Weightlifting	8 Off	9 3:00-4:30 Weightlifting 4:30-6:00 Open Mat	10 Off	11 Off
12 Off	13 3:00-4:30 Weightlifting 4:30-6:00 Open Mat	14 3:00-4:45 Weightlifting	15 Off	16 3:00-4:30 Weightlifting Study for CAPS	17 Off	18 Off
19 Off	20 3:00-4:30 Weightlifting Study for CAPS	21 3:00-4:30 Weightlifting Study for CAPS	22 Off FIRST DAY OF SUMMER BREAK	23 3:00-4:45 Weightlifting	24 3:00-7:00 (1) Granby Camp @ New Madrid – (\$150)	25 9:00-4:00 (2) Granby Camp @ New Madrid
26 9:00-4:00 (3) Granby Camp @ New Madrid	27 3:00-4:45 Weightlifting	28 3:00-4:45 Weightlifting	29 Off	30 3:00-4:30 Weightlifting 4:30-6:00 (4) Open Mat	31 Off	Off

June

2019

Wrestling Summer Schedule

Upcoming Summer Dates:

Jackson Camp @ Jackson: June 3-6 – Local Opportunity – On your own
 Mizzou Camp @ Jackson : June 9-11 – Local Opportunity – On your own
 McCracken County Camp : June 23-24 – Coaches Going Along
 Dual Days with Local MO teams : (6 :00-7 :30)
 June 4th (@Cape), June 18th @P. Bluff), July 9th (@Sikeston),
 & July 23rd (@New Madrid)
 Dead Period: June 29th-July 7th
*****DURING (June 10-13) (CHS/CJHS Camp) – We will go over wrestling tools
 learned at Granby and/or McCracken Camp*****



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Off
2 Off	3 8:00-10:30 (\$75) Jackson Camp 3:00-4:45 Weightlifting	4 8:00-10:30 Jackson Camp 3:00-4:45 Weightlifting 6:00-7:30 (5) Cape – Dual Day	5 8:00-10:30 Jackson Camp	6 8:00-10:30 Jackson Camp 3:00-4:45 Weightlifting	7 Off	8 Off
9 12:00-6:00 Mizzou Camp @ Jackson (\$125)	10 9:00-2:00 Mizzou Camp 4:30-6:00 Weightlifting 6:00-7:30 (6) CHS/CJHS Camp	11 9:00-2:00 Mizzou Camp 4:30-6:00 Weightlifting 6:00-7:30 (7) CHS/CJHS Camp	12 6:00-7:30 (8) CHS/CJHS Camp	13 4:30-6:00 Weightlifting 6:00-7:30 (9) CHS/CJHS Camp	14 Off	15 Off
16 Off	17 3:00-4:45 Weightlifting	18 3:00-4:45 Weightlifting 6:00-7:30 (10) PB – Dual Day	19 Off	20 3:00-4:45 Weightlifting	21 Off	22 Off
23 9:00-5:00 (11) McCracken Camp (\$155)	24 9:00-4:00 (12) McCracken Camp	25 3:00-4:45 Weightlifting	26 Off	27 3:00-4:45 Weightlifting	28 Off	29 Dead Period No Contact
30 Dead Period						

July

2019

Wrestling Summer Schedule

Upcoming Summer Dates:

Dual Days with Local MO teams : (6 :00-7 :30)
 July 9th (Sikeston), & July 23rd (New Madrid)
 Dead Period: June 29th-July 7th



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Dead Period No Contact	2 Dead Period No Contact	3 Dead Period No Contact	4 Dead Period No Contact	5 Dead Period No Contact	6 Dead Period No Contact
7 Dead Period No Contact	8 3:00-4:45 Weightlifting	9 3:00-4:45 Weightlifting 6:00-7:30 (13) Sikeston – D. Day	10 Off	11 3:00-4:45 Weightlifting	12 Off	13 Off
14 Off	15 3:00-4:30 Weightlifting 4:30-6:00 (14) Open Mat	16 3:00-4:45 Weightlifting	17 Off	18 3:00-4:30 Weightlifting 4:30-6:00 (15) Open Mat	19 Off	20 Off
21 Off	22 3:00-4:45 Weightlifting	23 3:00-4:45 Weightlifting 6:00-7:30 (16) NM – Dual Day	24 Off	25 3:00-4:45 Weightlifting	26 Off	27 Off
28 Off	29 3:00-4:30 Weightlifting 4:30-6:00 (17) Open Mat	30 3:00-4:45 Weightlifting	31 Off			

August

2019

Wrestling Summer Schedule

Important August Dates:

First Day of School: August 15



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 3:00-4:30 Weightlifting 4:30-6:00 (18) Open Mat	2 Off	3 Off
4 Off	5 3:00-4:30 Weightlifting 4:30-6:00 (19) Open Mat	6 3:00-4:45 Weightlifting	7 Off	8 3:00-4:30 Weightlifting 4:30-6:00 (20) Open Mat	9 Off	10 Off
11 Off	12 3:00-4:45 Weightlifting	13 3:00-4:45 Weightlifting	14 Off	15 FIRST DAY OF SCHOOL	16 Off	17 Off
18	19	20	21	22	23	24
25	26	27	28	29	30	31