

NORTH GWINNETT OFF-SEASON WRESTLING

"OFF SEASON TRAINING, DETERMINES IN-SEASON RESULTS"

Participants:

To be successful in the sport of wrestling, one must be willing to make sacrifices. Time and commitment are two of these sacrifices that produce champions. To get your hand raised at the end of the season is not often times determined by the three to four months of wrestling in the winter, but by the off-season training during the spring and summer.

Our off-season training is split into multiple training splits. The wrestling post-season training has a focus based on strength training. North Gwinnett Wrestlers will be lifting weight 3 days a week after school 2:30 – 3:30 Monday's, Wednesday's, and Thursday's. It is highly encouraged for wrestlers to spend this time in the local wrestling facilities located around the area, since GHSA rules do not allow High School coaches to coaches wrestling during this time.

The summer off-season split has a focus on both the physical growth of lifting weights and building athletic mobility, but also focusing on building wrestling skills. Summer wrestling practices will be 4 days a week Monday through Thursday, Wrestling training will start at 10:00 am and conclude around 12:30. These practice time allow for the maximum amount of participation, I understand the difficulties in scheduling and transportation, but please make sure your wrestler can make to each workout. Our workouts will start with weight-room activities and then go from there into the wrestling room. This should allow for football players to come get the last part of practice on the wrestling mat.

The last phase of our off-season training will come when school starts back in August. This time period once again does not allow for us to have wrestling practice, but we will be in the conditioning phase getting ready for season to come. The pre-season will be heavy in the weight-room and track. This time period would be another great time to take advantage of the local training facilities to get good quality mat time. There is no substitute for time on the mat.

Coach Peter Yates, at Technique wrestling has a great facility designed to make wrestlers great at all skill levels. Technique wrestling is located within a mile and a half from North Gwinnett High School and has very affordable rates and practices time that fit our schedule well. Please reach out to Coach McKee or Coach Yates about how to get started and deals available for North Gwinnett Wrestlers.

All registration for spring wrestling, schedules, information, and wrestling camp links, are located at our webpage, www.nghswrestling.com. Please make sure you visit the website to register as soon as possible. On that page you can also find the links to the remind information, the communication app for updates and changes, along with links to all the social medias.

Sincerely:



"TO BE GREAT, SOMETIMES YOU HAVE TO GIVE UP THINGS THAT ARE GOOD."

North Gwinnett Wrestling Core Philosophy

To win State and National titles one must be self driven and motivated. We must instill in ourselves the desire to stand strong and push ourselves as individuals. Success in the classroom and on the mat stem from indomitable will and self gut checks holding ourselves accountable for what we do. Aiming to positively shape the student-athlete's morals, minds, and bodies teaching to excel in the classroom, terrorize the wrestling mat yet be great people in society.



May 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	1
2	3 WRESTLING WEIGHTS: 2:30-3:30	4	5 WRESTLING WEIGHTS: 2:30-3:30	6 WRESTLING WEIGHTS: 2:30-3:30	7	8
9	10 WRESTLING WEIGHTS: 2:30-3:30	11	12 WRESTLING WEIGHTS: 2:30-3:30	13 WRESTLING WEIGHTS: 2:30-3:30	14	15
16	17 WRESTLING WEIGHTS: 2:30-3:30	18	19 WRESTLING WEIGHTS: 2:30-3:30	20 6:30 - AWARDS CEREMONY - PAVILION	21	22
23	24 FINALS - 1ST/4TH	25 FINALS - 2ND/5TH	26 FINALS - 3RD/6TH	27 TEACHER WORK DAY	28 TEACHER WORK DAY	29
30	31 Memorial Day	NOTES NO WORKOUTS THE WEEK OF FINALS, GHSA DEAD WEEK STARTS THE WEEK AFTER MEMORIAL DAY, NO TEAM ACTIVITY ALLOWED.				



June 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31 MEMORIAL DAY	1	2	3	4	5
	GHSA DEAD WEEK					
6	7 WRESTLING WEIGHTS 10:00 - 11:30 WRESTLING PRACTICE 11:30 - 1:00	8 WRESTLING WEIGHTS 10:00 - 11:30 WRESTLING PRACTICE 11:30 - 1:00	9 LIVE WRESTLING @ SOUTH FORSYTH HS 6:00 - 7:30 PM	10 WRESTLING WEIGHTS 10:00 - 11:30 WRESTLING PRACTICE 11:30 - 1:00	11	12
13	14 JOEY LAZOR WRESTLING CAMP @FLOWERY BRANCH HS	15	16 WRESTLING WEIGHTS 10:00 - 11:30 WRESTLING PRACTICE 11:30 - 1:00	17 WRESTLING WEIGHTS 10:00 - 11:30 WRESTLING PRACTICE 11:30 - 1:00	18	19
20	21 WRESTLING WEIGHTS 10:00 - 11:30 WRESTLING PRACTICE 11:30 - 1:00	22 WRESTLING WEIGHTS 10:00 - 11:30 WRESTLING PRACTICE 11:30 - 1:00	23 WRESTLING WEIGHTS 10:00 - 11:30 WRESTLING PRACTICE 11:30 - 1:00	24 LIVE WRESTLING @ LAMBERT HS 6:00 - 7:30 PM	25	26
27	28	29	30	1	2	3
	GHSA DEAD WEEK					
4	5	NOTES DEAD WEEKS : THE WEEK AFTER MEMORIAL DAY AND THE WEEK PRIOR TO JULY 4TH . THESE ARE GHSA MANDATORY DEAD WEEKS WITH NO TEAM ACTIVITY ALLOWED. JOEY LAZOR WRESTLING CAMP - \$75 FEE PER WRESTLER				



July 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1	2	3
	GHSA DEAD WEEK					
4	5 WRESTLING WEIGHTS 10:00 - 11:30 WRESTLING PRACTICE 11:30 - 1:00	6 WRESTLING WEIGHTS 10:00 - 11:30 WRESTLING PRACTICE 11:30 - 1:00	7 WRESTLING WEIGHTS 10:00 - 11:30 WRESTLING PRACTICE 11:30 - 1:00	8 WRESTLING WEIGHTS 10:00 - 11:30 WRESTLING PRACTICE 11:30 - 1:00	9	10
11	12	13	14	15	16	17
18	19 WRESTLING WEIGHTS 10:00 - 11:30 WRESTLING PRACTICE 11:30 - 1:00	20 WRESTLING WEIGHTS 10:00 - 11:30 WRESTLING PRACTICE 11:30 - 1:00	21 WRESTLING WEIGHTS 10:00 - 11:30 WRESTLING PRACTICE 11:30 - 1:00	22 WRESTLING WEIGHTS 10:00 - 11:30 WRESTLING PRACTICE 11:30 - 1:00	23	24
25	26	27	28	29	30	31
	Teacher Pre Planning					
1	2	NOTES GHSA DEAD WEEK THROUGH JULY 4TH. WEEK OF THE 12TH - 15TH IS STILL TBD.				