

Joplin High School Wrestling Summer Plan

Summer Weights:

Session 1: Tuesday May 30th – Thursday June 29th

Session 2: Monday, July 10th – Thursday, July 27th

- All Wrestlers (Boys and Girls) will attend the 6:30am weights session.
- Any day that does not have wrestling practice will have speed development session beginning immediately after weights.
- Participation in both summer weights and speed development is expected and mandatory.
 - No Weights attendance = No Wrestling practice

Wrestling Schedule:

- Wrestling has 3 weeks blocked out for contact days. Contact days for wrestling are June 12th – June 30th.
- There are also three days in July available for additional contact days (See Calendar)
- During a Wrestling contact day Student athletes will go straight from Weights to wrestling practice.
- This plan ensures that no student athlete is attending more than one practice in a day.

Dead Weeks:

Dead Week 1: July 3rd – July 9th

Dead Week 2: July 29th – July August 6th

- No athletic contact during these two weeks.
- This is a perfect time to schedule a vacation so that you don't miss weights or practice

Free Physicals:

Monday, June 5th at Joplin High School

- There will be no excuse for not having a valid physical on file for the first day of practice

Remind:

- Stay up to date by following the Joplin High School Wrestling Remind
- Text @jhswrest to 81010 to sign up

Remember, off-season work builds the foundation for in-season success!

June 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|--|--|--|---|----------|
| | 29 | 30 <u>Weights:</u> 6:30 am – 7:30 am <u>Speed Training:</u> 7:30am – 8:30am | 31 <u>Weights:</u> 6:30 am – 7:30 am <u>Speed Training:</u> 7:30am – 8:30am | 1 <u>Weights:</u> 6:30 am – 7:30 am <u>Speed Training:</u> 7:30am – 8:30am | 2 | 3 |
| 4 | 5 <u>Weights:</u> 6:30 am – 7:30 am <u>Speed Train:</u> 7:30am – 8:30am <u>Free Physicals:</u> 5:30pm | 6 <u>Weights:</u> 6:30 am – 7:30 am <u>Speed Train:</u> 7:30am – 8:30am <u>JHS Youth Camp:</u> 5pm – 6:15pm | 7 <u>Weights:</u> 6:30 am – 7:30 am <u>Speed Train:</u> 7:30am – 8:30am <u>JHS Youth Camp:</u> 5pm – 6:15pm | 8 <u>Weights:</u> 6:30 am – 7:30 am <u>Speed Train:</u> 7:30am – 8:30am <u>JHS Youth Camp:</u> 5pm – 6:15pm | 9 | 10 |
| 11 | 12 <u>Weights:</u> 6:30 am – 7:30 am <u>JHS Wrestling:</u> 7:30am – 9:00am | 13 <u>Weights:</u> 6:30 am – 7:30 am <u>JHS Wrestling:</u> 7:30am – 9:00am | 14 <u>Weights:</u> 6:30 am – 7:30 am <u>JHS Wrestling:</u> 7:30am – 9:00am | 15 <u>Weights:</u> 6:30 am – 7:30 am <u>JHS Wrestling:</u> 7:30am – 9:00am | 16 <u>JHS Wrestling:</u> 7:30am – 9:00am | 17 |
| 18 | 19 <u>Weights:</u> 6:30 am – 7:30 am <u>JHS Wrestling:</u> 7:30am – 9:00am | 20 <u>Weights:</u> 6:30 am – 7:30 am <u>JHS Wrestling:</u> 7:30am – 9:00am | 21 <u>Weights:</u> 6:30 am – 7:30 am <u>JHS Wrestling:</u> 7:30am – 9:00am | 22 <u>Weights:</u> 6:30 am – 7:30 am <u>JHS Wrestling:</u> 7:30am – 9:00am | 23 <u>JHS Wrestling:</u> 7:30am – 9:00am | 24 |
| 25 | 26 <u>Weights:</u> 6:30 am – 7:30 am <u>JHS Wrestling:</u> 7:30am – 9:00am | 27 <u>Weights:</u> 6:30 am – 7:30 am <u>JHS Wrestling:</u> 7:30am – 9:00am | 28 <u>Weights:</u> 6:30 am – 7:30 am <u>JHS Wrestling:</u> 7:30am – 9:00am | 29 <u>Weights:</u> 6:30 am – 7:30 am <u>JHS Wrestling:</u> 7:30am – 9:00am | 30 <u>JHS Wrestling:</u> 7:30am – 9:00am | |

NOTES

High School Contact Days

High School Contact days for Wrestling will run from June 12th- June 30th. Contact time will begin directly after weights.

Summer School

If you failed one or more classes, get signed up for summer school to recover credits and graduate on time.

Summer Weights

Get signed up for summer weights! Session 1 runs May 30th- June 29th Session 2 runs July 10th – July 27th Weight/Speed Training Attendance is mandatory.

July 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------|---|---|---|--|----------------|-----------------|
| | | | | | | 1 |
| 2 | 3 DEAD WEEK | 4 DEAD WEEK | 5 DEAD WEEK | 6 DEADWEEK | 7 DEAD WEEK | 8 DEAD WEEK |
| 9 DEAD WEEK | 10 <u>Weights</u> : 6:30 am – 7:30 am <u>Speed Training</u> : 7:30am – 8:30am | 11 <u>Weights</u> : 6:30 am – 7:30 am <u>Speed Training</u> : 7:30am – 8:30am | 12 <u>Weights</u> : 6:30 am – 7:30 am <u>Speed Training</u> : 7:30am – 8:30am | 13 <u>Weights</u> : 6:30 am – 7:30 am <u>JHS Wrestling</u> : 7:30am – 9:00am | 14 | 15 |
| 16 | 17 <u>Weights</u> : 6:30 am – 7:30 am <u>Speed Training</u> : 7:30am – 8:30am | 18 <u>Weights</u> : 6:30 am – 7:30 am <u>Speed Training</u> : 7:30am – 8:30am | 19 <u>Weights</u> : 6:30 am – 7:30 am <u>Speed Training</u> : 7:30am – 8:30am | 20 <u>Weights</u> : 6:30 am – 7:30 am <u>JHS Wrestling</u> : 7:30am – 9:00am | 21 | 22 |
| 23 | 24 <u>Weights</u> : 6:30 am – 7:30 am <u>Speed Training</u> : 7:30am – 8:30am | 25 <u>Weights</u> : 6:30 am – 7:30 am <u>Speed Training</u> : 7:30am – 8:30am | 26 <u>Weights</u> : 6:30 am – 7:30 am <u>Speed Training</u> : 7:30am – 8:30am | 27 <u>Weights</u> : 6:30 am – 7:30 am <u>JHS Wrestling</u> : 7:30am – 9:00am | 28 | 29 DEAD WEEK |
| 30 DEAD WEEK | 31 DEAD WEEK | | | | | |

NOTES

Dead Week

Dead week is a good time to take a break from the summer grind. This is the ideal time for a vacation.

Summer Weights

Get signed up for summer weights!

Session 1 runs May 30th- June 29th

Session 2 runs July 10th – July 27th

Weight/Speed Training Attendance is mandatory.

Camp Opportunities

If you are interested in other camp opportunities, on your own, over the summer see a Coach.

August 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------|--|----------------|----------------|----------------|----------------|----------------|
| | | 1 DEAD WEEK | 2 DEAD WEEK | 3 DEAD WEEK | 4 DEAD WEEK | 5 DEAD WEEK |
| 6 DEAD WEEK | 7 First Day of High School Fall Practice | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 First Day of Middle School Fall Practice | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 First Day of School | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |
| | | | | | | |

NOTES

Remind

Make sure to sign up for Remind to get all JHS Wrestling info.

Dead Week

Get signed up for summer weights!
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 Weight/Speed Training Attendance is mandatory.

Camp Opportunities

If you are interested in other camp opportunities, on your own, over the summer see a Coach.



Sign up for important updates from A. Brown and Jeremyfinley.

Get information for Joplin High School right on your phone—not on handouts.

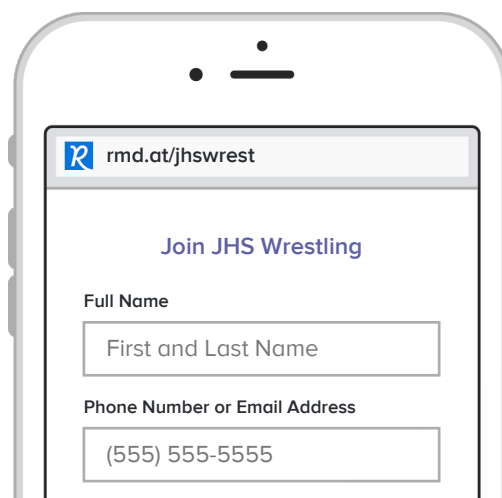
Pick a way to receive messages for JHS Wrestling:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/jhswrest

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



B If you don't have a smartphone, get text notifications.

Text the message [@jhswrest](#) to the number **81010**.

If you're having trouble with **81010**, try texting [@jhswrest](#) to **(563) 265-6842**.

** Standard text message rates apply.*



Don't have a mobile phone? Go to rmd.at/jhswrest on a desktop computer to sign up for email notifications.