**MCHS Wrestling**

**Pre-Season Conditioning 2020 – 2021**

**October 13, 2020 – December 18, 2020**

*3 Days A week - Afternoon – 1 Hour Sessions*

***Locations:***

***Lower Field (Outdoor)***

***Sundevil Stadium (Outdoor)***

***Wrestling Room (Indoor)***

## **October**

## **Date Day Time Location**

Tuesday October 13 330pm – 430pm Mt. Carmel High School

Thursday October 15 330pm – 430pm Mt. Carmel High School

Friday October 16 330pm – 430pm Mt. Carmel High School

Tuesday October 20 330pm – 430pm Mt. Carmel High School

Thursday October 22 330pm – 430pm Mt. Carmel High School

Friday October 23 330pm – 430pm Mt. Carmel High School

Tuesday October 27 330pm – 430pm Mt. Carmel High School

Thursday October 29 330pm – 430pm Mt. Carmel High School

Friday October 30 330pm – 430pm Mt. Carmel High School \*No Gym\*

## **November**

Tuesday November 3 330pm – 430pm Mt. Carmel High School \*No Gym\*

Thursday November 5 330pm – 430pm Mt. Carmel High School \*No Gym\*

Friday November 6 330pm – 430pm Mt. Carmel High School

Tuesday November 10 330pm – 430pm Mt. Carmel High School

Thursday November 12 330pm – 430pm Mt. Carmel High School

Friday November 13 330pm – 430pm Mt. Carmel High School

Tuesday November 17 330pm – 430pm Mt. Carmel High School

Thursday November 19 330pm – 430pm Mt. Carmel High School

Friday November 20 330pm – 430pm Mt. Carmel High School

Tuesday November 24 330pm – 430pm Mt. Carmel High School

Thursday November 26 No Practice

Friday November 27 330pm – 430pm Mt. Carmel High School

## **December**

Tuesday December 1 330pm – 430pm Mt. Carmel High School

Thursday December 3 330pm – 430pm Mt. Carmel High School

Friday December 4 330pm – 430pm Mt. Carmel High School

Tuesday December 8 330pm – 430pm Mt. Carmel High School

Thursday December 10 330pm – 430pm Mt. Carmel High School

Friday December 11 No Practice

Tuesday December 15 330pm – 430pm Mt. Carmel High School

Thursday December 17 330pm – 430pm Mt. Carmel High School

Friday December 18 330pm – 430pm Mt. Carmel High School