

Creekside Wrestling Off-Season Calendar Plan

ONLY EXPECTATION

**DO SOMETHING
TO IMPROVE**

May 2017

May 27
 AAU Tournament @ Oakleaf
 Weigh-ins 7-9
 Wrestle @ 10am
 Cost is \$15

Bobcat Rumble (K-12) at Gainesville Buchholz
 \$20 per wrestler.
 Weigh-ins on arrival,
 clinic 9-11:30 am
 lunch break 11:30-noon,
 hard drill/situations noon-12:45,
 modified match tourney 2:45-2 pm
 Contact: Coach Pankey
 at: pankeytw@gm.sbac.edu.

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|-----------|--|-----------|--|-----------|--|
| | <i>1</i> | <i>2</i> Club Practice 6:30-8pm | <i>3</i> | <i>4</i> Club Practice 6:30-8pm | <i>5</i> | <i>6</i> |
| <i>7</i> | <i>8</i> | <i>9</i> Club Practice 6:30-8pm | <i>10</i> | <i>11</i> Club Practice 6:30-8pm | <i>12</i> | <i>13</i> Royal Rumble at CFWA |
| <i>14</i> | <i>15</i> | <i>16</i> Club Practice 6:30-8pm | <i>17</i> | <i>18</i> Club Practice 6:30-8pm | <i>19</i> | <i>20</i> |
| <i>21</i> | <i>22</i> | <i>23</i> | <i>24</i> | <i>25</i> | <i>26</i> | <i>27</i> AAU Tournament @ Oakleaf Bobcat Rumble (K-12) at Buchholz |
| <i>28</i> | <i>29</i> | <i>30</i> | <i>31</i> | | | |

June 2017

EVENT SUMMARY:

June 3
N.F.W.A. Wrestlefest
at Fleming Island
2 sessions - at 10 a.m.

June 1
CHS Strength Training Camp
with Coach Gumble starts
Cost \$125 non-football time 7:30-
9am
YOU MUST HAVE ATHLETIC
PHYSICAL

June 7-10
Clay Wrestling Camp presents Cy
Wainwright. Cost \$75

June 11—15
Southern Hospitality Camp hosted
by Camden, GA

June 17-20
Penn State Camp @ University of
West Georgia

June 25– July 3
All 3 Newberry College Camp—
\$450

OR

June 25—27
Newberry College Takedown
Camp— \$150

June 28-30
Newberry College Top & Bottom
Camp— \$150

July 1-3
Newberry College Intensive
Camp— \$150

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|-----|---|
| | | | | 1 Strength Train- ing Camp w/ Gumble—Non- Football time 7:30-9am | 2 | 3 N.F.W.A. Wres- tlefest at Flem- ing Island |
| 4 | 5 Strength Train- ing Camp w/ Gumble—Non- Football time 7:30-9am | 6 Strength Train- ing Camp w/ Gumble—Non- Football time 7:30-9am | 7 Clay Camp w/ Wainwright | 8 Strength Train- ing Camp w/ Gumble—Non- Football time 7:30-9am | 9 | 10 |
| 11 Southern Hos- pitality Camp @ Camden | 12 Strength Train- ing Camp w/ Gumble | 13 Strength Train- ing Camp w/ Gumble | 14 | 15 Strength Train- ing Camp w/ Gumble | 16 | 17 Penn State Camp @ Uni- versity of west Georgia |
| 18 | 19 Strength Train- ing Camp w/ Gumble | 20 Strength Train- ing Camp w/ Gumble | 21 | 22 Strength Train- ing Camp w/ Gumble | 23 | 24 |
| 25 <i>Newberry Camp</i> | 26 Strength Train- ing Camp w/ Gumble | 27 Strength Train- ing Camp w/ Gumble | 28 | 29 Strength Train- ing Camp w/ Gumble | 30 | |

EVENT SUMMARY

July 1-3
Newberry College Intensive
Camp— \$150

June 30—July 7—OFF

June 10—13 Red and Black wrestling youth camp from ages 5 to 14
9am—12pm

July 12th - 28th CHS Open Mat Summer session. You must have an updated Physical EL2 from and Parent Consent EL3 form on file w/ our Athletic Trainer Ryan Boyer

The open mat will be run like a mini varsity practice with drilling, live wrestling and winning edge strength and conditioning to finish each session off.

July 2017

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|--|--|--|-----------------------------------|-----|
| | | | | | | 1 |
| 2 | 3 OFF | 4 OFF | 5 OFF | 6 OFF | 7 OFF | 8 |
| 9 | 10 CHS CAMP 9am-12 Strength Training w/ Gumble | 11 CHS CAMP 9am-12 Strength Training w/ Gumble | 12 CHS CAMP 9am-12 Open Mat @ 12-1:30 | 13 CHS CAMP 9am-12 Strength Training w/ Gumble | 14 Open Mat @ 9—10:30am | 15 |
| 16 | 17 Strength Training w/ Gumble | 18 Strength Training w/ Gumble | 19 Open Mat @ 9—10:30am | 20 Strength Training w/ Gumble | 21 Open Mat @ 9—10:30am | 22 |
| 23 | 24 Strength Training w/ Gumble | 25 Strength Training w/ Gumble | 26 Open Mat @ 9—10:30am | 27 Strength Training w/ Gumble | 28 Open Mat @ 9—10:30am | 29 |
| 30 | 31 | | | | | |