



## 2017 - 2018 Owatonna Wrestling Association



### Tentative Practice Schedules & Structure

- After much discussion, back and forth with Ryan Swanson, OHS Activities Director; I think we finally have our facilities issues addressed for this season.
- Below is the tentative practice schedules and structures for the upcoming season that our entire coaching staff has approved, based on feedback from families and coaches.
- If Wilson, Washington, St. Mary's participation is as low as last season they maybe combined.
- Families with wrestlers scheduled for different practice times, may choose to have all of their children practice at 1 time each evening, please consult with your coaches to determine based on abilities of all of your children which is the most appropriate option.

#### **Mondays (School Based Youth Team & Grade Based)**

5:30 PM - 6:30 PM OHS A/B Plaza Cheerleading

5:30 PM - 6:30 PM OHS Lincoln & Wilson (PreK-2nd)

6:30 PM - 7:30 PM OHS Lincoln & Wilson (3rd - 5th)

5:30 PM - 6:30 PM OMS McKinley & Washington/St. Mary's (PreK-2nd)

6:30 PM - 7:30 PM OMS McKinley & Washington/St. Mary's (3rd - 5th)

#### **Tuesdays (School Based Youth Team)**

5:30 PM - 6:30 PM OHS A/B Plaza Cheerleading / 15 Minutes of tumbling in the Wrestling Room

5:30 PM - 6:30 PM OHS Wilson

6:30 PM - 7:30 PM OHS Lincoln

5:30 PM - 6:30 PM OMS Washington / St. Mary's

6:30 PM - 7:30 PM OMS McKinley

#### **Thursdays - Team Owatonna (Grade Based)**

5:30 PM - 6:15 PM OHS Termites (Pre-K)

6:15 PM - 7:15 PM OHS Mad Dogs - Intermediate (1st - 2nd)

7:15 PM - 8:30 PM OHS Mad Dogs - Elite (3rd - 5th)

*Guest Coach Jake Deitchler, roughly 2 times a month.*

#### **General Practice Plan OWA Practices**

25 % Warm-up, Conditioning, Strengthening, Stance, Position, and Motion

25 % Introducing Wrestling Technique

25 % Practicing/Drilling Technique & Live Wrestling

25 % Game based learning & fun