Hough Wrestlers,

 We have one goal and that is to win a state title! Last year we came close. Losing in the quarterfinals of the state duals and finishing 4th at the state tournament. Being a part of the Hough wrestling team means you have made a commitment to excellence. I will work every single day to make sure that you are going to be the best that you can be. In return all I ask is that you give me everything you have. I will push you to your limits everyday but at the end you will look back and it will be worth every sprint, every double leg, and every lift you have done. We lost several seniors last year but are still more than capable of making a run at a State Championship. We need everybody to push each other day in and day out through Feb. 22nd. If we do that we will have our most successful season yet. We can take control of the New MECKA 4A Conference, the 4A Western Regional and the 4A State Tournament. We just need to be great.

 Because you have chosen to be a part of this team you have chosen to be held to a higher standard than anyone else in this school. Included in that is your work ethic must be better than anyone else in the weight room, on the Track, on the mat and especially in the classroom. To reach our goals that is a must. If you need help with anything do not be afraid to ask your teammates or myself. At the end of the day the only people who really understand what it takes will be those who put in the same effort that you do. I am proud of every one of you already. If we work together, and keep each other honest and focused we have the ability to do something special again this season, but in the end it is up to whether you are willing to put in the work or not.

Work hard and work smart,

Coach Rogers

**Preseason Practice Schedule**

Lifting will start on Sept. 3rd. We will lift/run on Tuesdays, and Thursdays and Fridays will be a mix of workouts. Some Fridays we will have open mat, and some we will be on the track. We will meet in the weight room at 2:30 on those days. Club will start on September 4th. Club practice will be on Mondays and Wednesdays at 6:00 P.M. The address for club practice is 20100 Zion Ave., Cornelius, North Carolina (Right across from the Cashions on HWY 115). Club allows us to get on the mat more during the preseason due to constraints on Gym time because Fall sports have the priority of the schools facilities during this time of the year. Zack will run the club practices and I will be there occasionally. All lifting and conditioning workouts will be with me.

These workouts are not required however you are expected to be at them if you are not playing a fall sport for Hough. It will make a HUGE difference when November rolls around. Your daily schedule leading up until October 30th will look as follows (If there are any changes you will know as soon as I do).

Monday – Club Practice at 6:00 to 7:30

Tuesday – Lifting/Running after school 2:30 until 4:00

Wednesday – Club Practice at 6:00 to 7:30

Thursday – Lifting/Running after school 2:30 until 4:00

Friday – Lifting/Running/Plyometrics/Cross training/Open mats; 2:30 until 4:00

Pre-season Tournaments that either Zack or I will be attending are

-Oct. 12 Mustang Stampede at Parkland.

-Oct. 26/27 Super 32 in Greensboro NC (Super 32 Registration opens Sunday Sept. 15th at 5:00 P.M. you need to register as soon as possible for that tournament)

**Tuesday**

Long Jump – 3x5

**Superset 1**

* Power Cleans – 3 x 8
* Leg Extensions – 3 x 10
* RDL – 3 x 8
* Leg Curls– 3 x 10

**Superset 2**

* Box Squat – 3 x 8
* Alternating Lunges (8 each leg) - 3 x 8
* Front Squat – 3 x 6
* Calf Raises – 3 x 10

Front Raises – 2 x 10

Lateral Raises – 2 x 10

100 Plate Raise Sit-ups

**Thursday**

Box Jumps 3 x 5

**Superset 1**

* Bench Press – 3 x 8
* Seated Plate Press – 3x8
* DB Incline Bench Press – 3x6
* One armed Row (Both sides) – 3x6

**Superset 2**

* Pull ups – 3 x 10
* DB Flies – 3 x 8
* Back Extension – 3 x 8
* DB Bench Press – 3 x 8

Shrugs – 3 x 8

100 Cherry Pickers

**Hough Wrestling Stretching**

Hold each stretch for 2 sets of 10 seconds. DO NOT BOUNCE. Reach and hold. Flexibility is a great asset to have both in technique/wrestling skills and in Injury prevention.

**Stretches**

* Touching your toes – x 2
* Wide base (reaching left, right, and middle) – x 2 each direction
* Wide base on your butt (reaching left, right, and middle) – x 2 each direction
* Reaching for your toes (legs together on your butt) – x 2
* Arm across your chest – x 2 each arm
* Arm over your head – x 2 each arm
* Girl watchers (back stretch) – x 2
* Shoulder Stretch (seated, slide your butt away from your hands that are placed behind you)– x 2
* Neck Stretch (Granby stretch/rolling on your shoulders) – x 2
* Calf Stretch – x 2 each leg

Feel free to add any stretches you would like to this regiment. This is a basic set of stretches that will help you to increase your flexibility