

Lowell Wrestling
Varsity Off-Season Training

Weight Lifting

- April 19 - June 3rd
 - **Mondays and Thursday** at 6:15 am for anyone not in Body Mechanics
- June 4th - August 19th
 - **Tuesdays and Thursdays** 6:30 am

Wednesday Practices

- April 21 - June 2nd
- 2:50 - 3:30 - Spikeball and Warm-Up
- 3:30 - 4:30 - Barn Practice

Michigan Grappler RTC Practices

- April 19 - July 29
- Days/Times: **Monday/Tuesday/Thursday**
 - 5:30-7:00 pm
- Location: 608 6th St NW, Grand Rapids, MI 49504
- Cost: The Lowell Wrestling Club will pay a flat rate to the Michigan Grappler RTC so the cost for this will be minimal. I just need to see who is interested in going to these practices before I come up with a cost per wrestler.

Team Camp

- June 16-19
- St. Ignace MI
- Cost: \$250, payment due on first day of camp

Grand River Rumble

- July 8-11 - High School will wrestle on one of these days, that date has not yet been determined.
- Location: Wisconsin Dells

Lowell Youth Camp

- July 26, 27, 28 at 6 pm
- Location: Cherry Creek
- All varsity wrestlers are expected to help at this camp.

West Coast Trip

- July 29 - August 2
- Location: Boise Idaho
- We are working with a coach in Boise to create a team camp/dual tournament with top teams from that area. More information to come with this.