

# JAGUAR Wrestling

*Summer 2025*



**JUNE 16 - JUNE 26**

*Mondays - Thursdays*

*Freshmen: 1:30 pm - 3:30 pm*

*Upper Classmen: 3:45 pm - 5:45 pm*

**JUNE 30 - JULY 22**

*Mondays - Thursdays*

*Lower Level: 9:00 am - 11:00 am*

*Upper Level: 9:00 am - 12:00 pm*

**NO TRYOUTS**

**NO EXPERIENCE NEEDED**

**OPEN TO ALL LEVELS AND ABILITIES**

*Practices are held in the Wrestling Room across from the boys locker room.*

**MUST COMPLETE ATHLETIC CLEARANCE TO PARTICIPATE**

INTEREST FORM

@JAGUARWRESTLING

HOME CAMPUS



**SEGERSTROM HIGH SCHOOL**

*Coach Nguyen*

*Coach Rodriguez*

*Coach Romero*

*Coach Schultz*



# Wrestling Summer Schedule 2025

## June



| Monday                                                         | Tuesday                                                        | Wednesday                                                      | Thursday                                                       | Friday                           |
|----------------------------------------------------------------|----------------------------------------------------------------|----------------------------------------------------------------|----------------------------------------------------------------|----------------------------------|
| 2<br>Dead Period<br>No Practice                                | 3<br>Dead Period<br>No Practice                                | 4<br>Dead Period<br>No Practice                                | 5<br>Dead Period<br>No Practice                                | 6<br>Dead Period<br>No Practice  |
| 9<br>Dead Period<br>No Practice                                | 10<br>Dead Period<br>No Practice                               | 11<br>Dead Period<br>No Practice                               | 12<br>Dead Period<br>No Practice                               | 13<br>Dead Period<br>No Practice |
| 16<br>Freshman:<br>1:30 - 3:30<br>Upper Levels:<br>3:45 - 5:45 | 17<br>Freshman:<br>1:30 - 3:30<br>Upper Levels:<br>3:45 - 5:45 | 18<br>Freshman:<br>1:30 - 3:30<br>Upper Levels:<br>3:45 - 5:45 | 19<br>Freshman:<br>1:30 - 3:30<br>Upper Levels:<br>3:45 - 5:45 | 20                               |
| 23<br>Freshman:<br>1:30 - 3:30<br>Upper Levels:<br>3:45 - 5:45 | 24<br>Freshman:<br>1:30 - 3:30<br>Upper Levels:<br>3:45 - 5:45 | 25<br>Freshman:<br>1:30 - 3:30<br>Upper Levels:<br>3:45 - 5:45 | 26<br>Freshman:<br>1:30 - 3:30<br>Upper Levels:<br>3:45 - 5:45 |                                  |

## July

| Monday                                                | Tuesday                                          | Wednesday                                        | Thursday                                         | Friday |
|-------------------------------------------------------|--------------------------------------------------|--------------------------------------------------|--------------------------------------------------|--------|
| 30 June<br>Lower: 9:00 - 11:00<br>Upper: 9:00 - 12:00 | 1<br>Lower: 9:00 - 11:00<br>Upper: 9:00 - 12:00  | 2<br>Lower: 9:00 - 11:00<br>Upper: 9:00 - 12:00  | 3<br>Lower: 9:00 - 11:00<br>Upper: 9:00 - 12:00  | 4      |
| 7<br>Lower: 9:00 - 11:00<br>Upper: 9:00 - 12:00       | 8<br>Lower: 9:00 - 11:00<br>Upper: 9:00 - 12:00  | 9<br>Lower: 9:00 - 11:00<br>Upper: 9:00 - 12:00  | 10<br>Lower: 9:00 - 11:00<br>Upper: 9:00 - 12:00 | 11     |
| 14<br>Lower: 9:00 - 11:00<br>Upper: 9:00 - 12:00      | 15<br>Lower: 9:00 - 11:00<br>Upper: 9:00 - 12:00 | 16<br>Lower: 9:00 - 11:00<br>Upper: 9:00 - 12:00 | 17<br>Lower: 9:00 - 11:00<br>Upper: 9:00 - 12:00 | 18     |
| 21<br>Lower: 9:00 - 11:00<br>Upper: 9:00 - 12:00      | 22<br>Lower: 9:00 - 11:00<br>Upper: 9:00 - 12:00 | 23                                               | 24                                               | 25     |