Chino Wrestling

**Strength & Conditioning Workouts**

Greetings everyone! Chino wrestling will begin strength and conditioning workouts in preparation of a season as the outlook of returning to play is increasing. This is for returning and new wrestlers to increase their level of fitness and learn wrestling mechanics. Athletic clearance (Physical clearance and online registration) will be required before you may begin training. We welcome anyone who is excited about joining the Chino Wrestling Family.

Start Date: 3/9

End Date: TBD

Start Time: 4:30PM – 5:30PM

Frequency: Tuesday / Wednesday / Thursday

Check-In Information:

* Before every training session you will be required to complete an online symptom check.
* Temperature check prior to all training sessions and you will be given a bracelet when cleared.
* You will line up in your designated area/cohort.

Expectations:

* Social distancing will be practiced for each session.
* Masks must be worn during training sessions as well.
* Be on time and prepared. We are a competitive program seeking growth and improvement.
* Effort over talent. Try your best and those all around you. (It helps more than we realize.)

Conclusion:

* Be sure to exit the are in a timely manner so we do not disrupt any other programs.
* Staff will sterilize all equipment concluding each session.

**We look forward to seeing old faces and meeting new ones!**

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