

RCHS WRESTLING

Try-outs

Rchs wrestling will hold tryouts during conditioning week in October. Full participation will be required to compete on the team.

Conditioning Week

At the start of wrestling season there will be one week with two-a-day practices. One beginning at 5:30am and the second after school. These are mandatory practices for all students not in other sports.

In season-Winter

During season wrestlers will be participating in multiple tournaments, dual/league matches, fundraisers and school events.



COUGAR WRESTLING

Contact information

Head coach- Nico Phillips

Email- nicophillips22@gmail.com

Summer Practice Schedule

Monday & Wednesday 5-7

Tuesday & Thursday (weight room) Time-TBA

Dead Period- 21 consecutive days of no practice -July 16th

