

Overland Wrestling



OPEN MATS: Tue & Thurs 4:00-5:30pm
WEIGHT LIFTING: Tue-Thurs 6:30-7:30am

Open mats purpose is to get to know the coaches, basic drills, and fundamentals. It is free and available for any Overland students regardless of skill level.

Open mats and morning lifting will continue until November 1, then we will have a week of Pre-season Camp starting on November 5.

Pre-Season camp will be Mon-Thurs from 4:00-5:30pm in the Weight Room.

Please bring wrestling shoes.



Contact any coaches for more information or questions.

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