



Segerstrom Wrestling



Join our family and get in shape
with us

No experience needed!

Open to all levels and abilities

(No tryouts, everyone can participate)

Compete against opponents your size

We need all sized wrestlers to fill out the team

Little (100 lbs) to Large (275 lbs) all are
welcome!

Use the QR Code Below to Join

Must Complete Athletic Clearance to Participate

Join Now



bit.ly/SegWrestling



Follow us on Instagram!

@jaguar.wrestling



@JAGUAR.WRESTLING

Athletes **MUST** have turned in ALL paperwork and current physical turned in to Home Campus to participate.



**Tentative
Wrestling Summer Schedule 2026
Subject to Change
July**



Monday	Tuesday	Wednesday	Thursday	Friday
June 29 Practices: Freshman: Noon - 2pm Soph-Sr: 2:30 - 4:30pm	June 30 Practices: Freshman: Noon - 2pm Soph-Sr: 2:30 - 4:30pm	1 Practices: Freshman: Noon - 2pm Soph-Sr: 2:30 - 4:30pm	2 Practices: Freshman: Noon - 2pm Soph-Sr: 2:30 - 4:30pm	3 Practices: Freshman: Noon - 2pm Soph-Sr: 2:30 - 4:30pm
6	7	8	9 Practices: Freshman: Noon - 2pm Soph-Sr: 2:30 - 4:30pm	10 Practices: Freshman: Noon - 2pm Soph-Sr: 2:30 - 4:30pm
13 Practices: Freshman: Noon - 2pm Soph-Sr: 2:30 - 4:30pm	14 Practices: Freshman: Noon - 2pm Soph-Sr: 2:30 - 4:30pm	15 Practices: Freshman: Noon - 2pm Soph-Sr: 2:30 - 4:30pm	16 Practices: Freshman: Noon - 2pm Soph-Sr: 2:30 - 4:30pm	17 Practices: Freshman: Noon - 2pm Soph-Sr: 2:30 - 4:30pm
20	21	22	23	24
27	28	29	30	31

Practices in the Wrestling Room across from the boys locker room. The locker room will not be open, so come ready to wrestle.

Questions? Going to miss a practice contact Coach Schultz @ kevin.schultz@sausd.us