

CALGARY SPARTAN WRESTLING TRAINING JOURNAL



WRITTEN BY: CODY JAMES FAIRBURN

NAME

YEAR

WEIGHT CLASS

GRADE

SCHOOL TEAM

SPARTAN PRINCIPLES

MOP THE MATS

(Never be too big to do the small things)

No matter your success, stay humble and commit to the little things that help the team move forward.

TAKE THE SHOT

(When you are on top of your game, change your game)

It is the philosophy and focus on continual improvement and continuous learning environment that is at the core of the Spartan culture. When you're on top of your game, change your game. Adaptation is not a reaction, but an everyday action.

Even when at the pinnacle of success, look to do better.

FIGHT WITH A PURPOSE

(Ask "Why?")

No matter what mat you step on, step in and fight with a purpose. Practice with the same intent as a match. Our fundamental human drive comes from within, from intrinsic rather than extrinsic motivations. The power of purpose galvanizes individuals, and alignment in group behaviours.

ONE MATCH

(The only important match is the next one)

It doesn't matter what has happened in the past. The only match you can control is the next one. Focus on your plan and how you are going to control that match.

TRAIN TO WIN

(Practice under pressure)

Every time that you step on the mat you are there to win the fight. This doesn't mean you have 110% intensity every time. It means you treat a practice like a tournament and leave at least 1% better each day.

FAIL EARLY, FAIL OFTEN

(Take chances and success will follow)

Have the confidence to try new things and work on areas where you feel weak. We can only grow if we know where we are struggling.

KEEP A BLUE HEAD

(Control your attention)

It is easy in a fight to have a roller coaster of emotions. In your toughest moments, keep a "blue head". One decision can decide the outcome of a match, as it can the outcome of a business situation. Avoiding poor decision making under pressure is vital.

Pressure is expectation, scrutiny and consequence. Under pressure, your thinking can be diverted. Bad decisions are made because of an inability to handle pressure at a pivotal moment.

Stay calm and in control of the fight.

CREATE A LEARNING ENVIRONMENT

(Leaders are teachers)

Help those around you. Build them up so they can challenge you. A successful practice is when you can leave knowing that you helped at least one person leave better than they arrived.

EMBRACE EXPECTATIONS

(Aim high)

We're here to help you become the best person you can be on and off the mat. You're always capable of more than you give yourself credit for and we're here to guide you to reach that. Embrace the challenges you're faced with.

A culture of expectation enables the asking and re-asking fundamental questions, in order to achieve clarity. Humility allows us to ask a simple question: how can we do better?

Go Forward! Recast your challenges into proactive goals. You have to be proactive at all times, taking risks and responsibilities is one of the many skills you learn from wrestling. This sounds militaristic, but at its core it is true. Wrestling, at the end of the day, is a contest of strength, skill and intelligence.

Judge yourself against the best, create for yourself a narrative of extreme, even unrealistic ambitions and benchmark yourself to the ultimate standards.

WRITE YOUR LEGACY

(This is your time. The script of your future is yours to write)

We can't change the past. We can control the steps which we take to write the next chapter in our journey.

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THE BRONZE STANDARD

(Don't give up, turn up the pressure)

The hardest medal to win is a Bronze medal. It is easy to give up when there is no chance to become the champion. Fight for that Bronze medal in everything you do in life and you will forever be a champion.

DON'T BE OBNOXIOUS

(Follow the Golden Rule)

Wrestling may look like an individual sport from the outside looking in but we rely on the whole team to get you to the next level. You can develop talent but you cannot change character.

Individual commitment to a group effort is what makes a team work. Connect with one another and strive towards a common goal.

SACRIFICE

(What are you willing to commit?)

Champions give the extra, discretionary effort and sacrifice it takes to do something extraordinary. Give your best, treading water is drowning.

What is the extra that will make your team extraordinary?

KNOW THYSELF

(Be honest in your journal and stay true to your goals)

Set "SMART" goals around what you want to achieve. Even world champions lose matches. Keep the big

CREATE THE CULTURE

(Plant the trees that you will never see)

The Spartan culture was established by protecting the soldier to your side and fighting as a single unit. The Spartan Shield was their most prized possession. It symbolized teamwork and victory. Our culture is built by your actions on and off the mat. Set an example for those coming up behind you.



KEY TAKE AWAYS FROM LAST SEASON

WHAT WENT WELL

WHAT DID NOT GO AS PLANNED

**WHAT STEPS HAVE YOU OR ARE YOU PLANNING TO
TAKE TO IMPROVE**

GOALS FOR THIS SEASON

**WHAT DOES SUCCESS LOOK LIKE THIS SEASON
FOR YOU**

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COMPETITION

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EST 2012

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Date: Location: Name of Event:

Name of Coach(es):

What we went over:	How I would use it:

Additional Notes:



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Enthusiasm 1 2 3 4 5 6 7 8 9 10

Soreness 1 2 3 4 5 6 7 8 9

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2. Backwards Jogging (x 2)
3. Shuffle (upright) (x 2)
4. Grapevine (x 2)
5. Shuffle in stance (x 2)
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12. Bear Crawl Forward
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16. Roundoff to Back Extension
17. Penetration Step, Sprint 90° (x 2)
18. Sprawl, Sprint (x 2)
19. Sprawl, Roll, Sprint (x 2)
20. Dive Rolls for height

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27. Partner Double leg, Sprint (x 2)
28. Hand spring

Mobility - Before event

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- C. Duck under lateral lunge 5/side
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- F. High plank w/ cross body kick 5/side
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- Arm Drag
- Elbow Pass
- Pummel
- Head Snap
- Wrist Drag
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- Defend TIGHT Gut Wrench
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- Moana to Exploding Double to 3 step sprints (x 4/side)
- 2-on-1 to Single Leg (x 4/side)
- Head Snap to Head Pinch (x 4/side)

Pre-Match Warm-up (1-2 Matches before)

Singlet Straps up, Shorts or pants off, Sweater or shirt on to stay warm

- Light movement
- Jumping jacks, Knee Tucks, Pummeling
- Shadow Wrestling (Shots, Snaps, Foot movement)
- Thinking about your first series at the whistle



[Match 1] Opponent:		Result: W / L Fall, Tech Fall, Decision		Score:	
What went well?		What could have gone better?			

[Match 2] Opponent:		Result: W / L Fall, Tech Fall, Decision		Score:	
What went well?		What could have gone better?			

[Match 3] Opponent:		Result: W / L Fall, Tech Fall, Decision		Score:	
What went well?		What could have gone better?			

[Match 4] Opponent:		Result: W / L Fall, Tech Fall, Decision		Score:	
What went well?		What could have gone better?			

[Match 5] Opponent:		Result: W / L Fall, Tech Fall, Decision		Score:	
What went well?		What could have gone better?			

Key takeaways from the event:

COMPETITION

Goals for the event:

Energy 1 2 3 4 5 6 7 8 9 10

Enthusiasm 1 2 3 4 5 6 7 8 9 10

Soreness 1 2 3 4 5 6 7 8 9

Warm Up - Before event

1. Jogging with shoulder circles
2. Backwards Jogging (x 2)
3. Shuffle (upright) (x 2)
4. Grapevine (x 2)
5. Shuffle in stance (x 2)
6. Down Blocks (x 2)
7. Forward Roll (x 2)
8. Backwards Roll (x 2)
9. Shoulder Roll (x 2)
10. Back Extension (x 2)

11. Penetration Steps (x 2)
12. Bear Crawl Forward
13. Bear Crawl Backwards
14. Cartwheel (x 2)
15. Roundoff (x 2)
16. Roundoff to Back Extension
17. Penetration Step, Sprint 90° (x 2)
18. Sprawl, Sprint (x 2)
19. Sprawl, Roll, Sprint (x 2)
20. Dive Rolls for height

21. Dive Rolls for length
22. Partner Roll
23. Fireman's Sprint
24. Piggy Back Sprint
25. Partner Bear Crawl Forward
26. Partner Bear Crawl Backwards
27. Partner Double leg, Sprint (x 2)
28. Hand spring

Mobility - Before event

- A. Hip flexor walking lunge 5/side
- B. Wide stance 3 touch 5/side
- C. Duck under lateral lunge 5/side
- D. Glute pull (knee to chest) 5/side
- E. Judo push-ups 10 reps
- F. High plank w/ cross body kick 5/side
- G. Scorpions. (face down) 5/side
- H. Modified couch stretch (quad at wall) 2 x 10 sec/side
- I. Kneeling hip flexor (pelvic tilt=flat back) 2 x 10 sec/side

- J. Four point frog adductor stretch (hands and knees w/ knees wide) 2 x 10 sec/side
- K. Butterfly groin 2 x 10 sec/side
- L. Figure four glute 2 x 10 sec/side
- M. Kneeling central hamstring 2 x 10 sec/side
- N. Kneeling middle hamstring (leg to the outside) 2 x 10 sec/side
- O. Seated twist (cross one leg over the other) 2 x 10 sec/side
- P. Pec at wall 2 x 10 sec/side

- Q. Table top lat 2 x 10 sec/side
- R. Kneeling shoulder rotations 2 x 10 sec/side
- S. Table top forearm 2 x 10 sec/side
- T. Standing trap (ear to shoulder) 2 x 10 sec/side
- U. Standing lev scap (smell the armpit) 2 x 10 sec/side

Drilling - Before event

- Duck Under
- Arm Drag
- Elbow Pass
- Pummel
- Head Snap
- Wrist Drag
- Exploding Double to 3 step sprint
- Get Head Pinched

- Double Leg Sprawl to head in the well get behind
- Single Leg Sprawl to head in the well get behind
- Nico Hips Sprawl
- Get Double Leg Slammed
- Get Hip Tossed, Get off back
- Get Shoulder/Arm thrown
- Gut Wrench
- Defend TIGHT Gut Wrench
- Leg Lace

- Defend TIGHT Leg Lace
- A Series Take down and Turns
- B Series Take down and Turns
- Situation Drills - Standing
- Situation Drills - Ground
- Situation Drills - Get off your back
- 3-Minute Live (x 2)

Pre-Match Warm-up (4-5 Matches before)

Warm up gear still on, can put singlet straps up but stay dressed

- Arm Drags (x 4/side)
- Dunk Unders (x 4/side)
- Moana to Exploding Double to 3 step sprints (x 4/side)
- 2-on-1 to Single Leg (x 4/side)
- Head Snap to Head Pinch (x 4/side)

Pre-Match Warm-up (1-2 Matches before)

Singlet Straps up, Shorts or pants off, Sweater or shirt on to stay warm

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What went well?		What could have gone better?			

[Match 5] Opponent:		Result: W / L Fall, Tech Fall, Decision		Score:	
What went well?		What could have gone better?			

Key takeaways from the event:



COMPETITION

Goals for the event:

Energy 1 2 3 4 5 6 7 8 9 10

Enthusiasm 1 2 3 4 5 6 7 8 9 10

Soreness 1 2 3 4 5 6 7 8 9

Warm Up - Before event

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8. Backwards Roll (x 2)
9. Shoulder Roll (x 2)
10. Back Extension (x 2)

11. Penetration Steps (x 2)
12. Bear Crawl Forward
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28. Hand spring

Mobility - Before event

- A. Hip flexor walking lunge 5/side
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- F. High plank w/ cross body kick 5/side
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- L. Figure four glute 2 x 10 sec/side
- M. Kneeling central hamstring 2 x 10 sec/side
- N. Kneeling middle hamstring (leg to the outside) 2 x 10 sec/side
- O. Seated twist (cross one leg over the other) 2 x 10 sec/side
- P. Pec at wall 2 x 10 sec/side

- Q. Table top lat 2 x 10 sec/side
- R. Kneeling shoulder rotations 2 x 10 sec/side
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Drilling - Before event

- Duck Under
- Arm Drag
- Elbow Pass
- Pummel
- Head Snap
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- Gut Wrench
- Defend TIGHT Gut Wrench
- Leg Lace

- Defend TIGHT Leg Lace
- A Series Take down and Turns
- B Series Take down and Turns
- Situation Drills - Standing
- Situation Drills - Ground
- Situation Drills - Get off your back
- 3-Minute Live (x 2)

Pre-Match Warm-up (4-5 Matches before)

Warm up gear still on, can put singlet straps up but stay dressed

- Arm Drags (x 4/side)
- Dunk Unders (x 4/side)
- Moana to Exploding Double to 3 step sprints (x 4/side)
- 2-on-1 to Single Leg (x 4/side)
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Pre-Match Warm-up (1-2 Matches before)

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What went well?		What could have gone better?			

[Match 5] Opponent:		Result: W / L Fall, Tech Fall, Decision		Score:	
What went well?		What could have gone better?			

Key takeaways from the event:



COMPETITION

Goals for the event:

Energy 1 2 3 4 5 6 7 8 9 10

Enthusiasm 1 2 3 4 5 6 7 8 9 10

Soreness 1 2 3 4 5 6 7 8 9

Warm Up - Before event

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10. Back Extension (x 2)

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12. Bear Crawl Forward
13. Bear Crawl Backwards
14. Cartwheel (x 2)
15. Roundoff (x 2)
16. Roundoff to Back Extension
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Mobility - Before event

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- P. Pec at wall 2 x 10 sec/side

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Drilling - Before event

- Duck Under
- Arm Drag
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- Gut Wrench
- Defend TIGHT Gut Wrench
- Leg Lace

- Defend TIGHT Leg Lace
- A Series Take down and Turns
- B Series Take down and Turns
- Situation Drills - Standing
- Situation Drills - Ground
- Situation Drills - Get off your back
- 3-Minute Live (x 2)

Pre-Match Warm-up (4-5 Matches before)

Warm up gear still on, can put singlet straps up but stay dressed

- Arm Drags (x 4/side)
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- Moana to Exploding Double to 3 step sprints (x 4/side)
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What went well?		What could have gone better?	

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What went well?		What could have gone better?	

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What went well?		What could have gone better?	

[Match 4] Opponent:		Result: W / L Fall, Tech Fall, Decision Score:	
What went well?		What could have gone better?	

[Match 5] Opponent:		Result: W / L Fall, Tech Fall, Decision Score:	
What went well?		What could have gone better?	

Key takeaways from the event:



COMPETITION

Goals for the event:

Energy 1 2 3 4 5 6 7 8 9 10

Enthusiasm 1 2 3 4 5 6 7 8 9 10

Soreness 1 2 3 4 5 6 7 8 9

Warm Up - Before event

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12. Bear Crawl Forward
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28. Hand spring

Mobility - Before event

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- N. Kneeling middle hamstring (leg to the outside) 2 x 10 sec/side
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- P. Pec at wall 2 x 10 sec/side

- Q. Table top lat 2 x 10 sec/side
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Drilling - Before event

- Duck Under
- Arm Drag
- Elbow Pass
- Pummel
- Head Snap
- Wrist Drag
- Exploding Double to 3 step sprint
- Get Head Pinched

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- Get Shoulder/Arm thrown
- Gut Wrench
- Defend TIGHT Gut Wrench
- Leg Lace

- Defend TIGHT Leg Lace
- A Series Take down and Turns
- B Series Take down and Turns
- Situation Drills - Standing
- Situation Drills - Ground
- Situation Drills - Get off your back
- 3-Minute Live (x 2)

Pre-Match Warm-up (4-5 Matches before)

Warm up gear still on, can put singlet straps up but stay dressed

- Arm Drags (x 4/side)
- Dunk Unders (x 4/side)
- Moana to Exploding Double to 3 step sprints (x 4/side)
- 2-on-1 to Single Leg (x 4/side)
- Head Snap to Head Pinch (x 4/side)

Pre-Match Warm-up (1-2 Matches before)

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What went well?		What could have gone better?	

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What went well?		What could have gone better?	

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What went well?		What could have gone better?	

[Match 4] Opponent:		Result: W / L Fall, Tech Fall, Decision Score:	
What went well?		What could have gone better?	

[Match 5] Opponent:		Result: W / L Fall, Tech Fall, Decision Score:	
What went well?		What could have gone better?	

Key takeaways from the event:



COMPETITION

Goals for the event:

Energy 1 2 3 4 5 6 7 8 9 10

Enthusiasm 1 2 3 4 5 6 7 8 9 10

Soreness 1 2 3 4 5 6 7 8 9

Warm Up - Before event

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11. Penetration Steps (x 2)
12. Bear Crawl Forward
13. Bear Crawl Backwards
14. Cartwheel (x 2)
15. Roundoff (x 2)
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22. Partner Roll
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28. Hand spring

Mobility - Before event

- A. Hip flexor walking lunge 5/side
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Drilling - Before event

- Duck Under
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- Gut Wrench
- Defend TIGHT Gut Wrench
- Leg Lace

- Defend TIGHT Leg Lace
- A Series Take down and Turns
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- Situation Drills - Standing
- Situation Drills - Ground
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- 3-Minute Live (x 2)

Pre-Match Warm-up (4-5 Matches before)

Warm up gear still on, can put singlet straps up but stay dressed

- Arm Drags (x 4/side)
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Key takeaways from the event:

COMPETITION

Goals for the event:

Energy 1 2 3 4 5 6 7 8 9 10

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Mobility - Before event

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- Situation Drills - Ground
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- Moana to Exploding Double to 3 step sprints (x 4/side)
- 2-on-1 to Single Leg (x 4/side)
- Head Snap to Head Pinch (x 4/side)

Pre-Match Warm-up (1-2 Matches before)

Singlet Straps up, Shorts or pants off, Sweater or shirt on to stay warm

- Light movement
- Jumping jacks, Knee Tucks, Pummeling
- Shadow Wrestling (Shots, Snaps, Foot movement)
- Thinking about your first series at the whistle



[Match 1] Opponent:		Result: W / L Fall, Tech Fall, Decision Score:	
What went well?		What could have gone better?	

[Match 2] Opponent:		Result: W / L Fall, Tech Fall, Decision Score:	
What went well?		What could have gone better?	

[Match 3] Opponent:		Result: W / L Fall, Tech Fall, Decision Score:	
What went well?		What could have gone better?	

[Match 4] Opponent:		Result: W / L Fall, Tech Fall, Decision Score:	
What went well?		What could have gone better?	

[Match 5] Opponent:		Result: W / L Fall, Tech Fall, Decision Score:	
What went well?		What could have gone better?	

Key takeaways from the event:

WARM UP

Warm Up

1. Jogging with shoulder circles
2. Backwards Jogging (x 2)
3. Shuffle (upright) (x 2)
4. Grapevine (x 2)
5. Shuffle in stance (x 2)
6. Down Blocks (x 2)
7. Forward Roll (x 2)
8. Backwards Roll (x 2)
9. Shoulder Roll (x 2)
10. Back Extension (x 2)
11. Penetration Steps (x 2)
12. Bear Crawl Forward
13. Bear Crawl Backwards
14. Cartwheel (x 2)
15. Roundoff (x 2)
16. Roundoff to Back Extension
17. Penetration Step, Sprint 90° (x 2)
18. Sprawl, Sprint (x 2)
19. Sprawl, Roll, Sprint (x 2)
20. Dive Rolls for height
21. Dive Rolls for length
22. Partner Roll
23. Fireman's Sprint
24. Piggy Back Sprint
25. Partner Bear Crawl Forward
26. Partner Bear Crawl Backwards
27. Partner Double leg, Sprint (x 2)
28. Hand spring



Mobility

Hip flexor walking lunge **5/side**
 Wide stance 3 touch **5/side**
 Duck under lateral lunge **5/side**
 Glute pull (knee to chest) **5/side**
 Judo push-ups **10 reps**
 High plank w/ cross body kick **5/side**
 Scorpions. (face down) **5/side**
 Modified couch stretch (quad at wall) **2 x 10 sec/side**
 Kneeling hip flexor (pelvic tilt=flat back) **2 x 10 sec/side**
 Four point frog adductor stretch (hands and knees w/ knees wide) **2 x 10 sec/side**
 Butterfly groin **2 x 10 sec/side**
 Figure four glute **2 x 10 sec/side**
 Kneeling central hamstring **2 x 10 sec/side**
 Kneeling middle hamstring (leg to the outside) **2 x 10 sec/side**
 Seated twist (cross one leg over the other) **2 x 10 sec/side**
 Pec at wall **2 x 10 sec/side**
 Table top lat **2 x 10 sec/side**
 Kneeling shoulder rotations **2 x 10 sec/side**
 Table top forearm **2 x 10 sec/side**
 Standing trap (ear to shoulder) **2 x 10 sec/side**
 Standing lev scap (smell the armpit) **2 x 10 sec/side**

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Post Practice Notes:

What technique I liked:	What technique I would modify:	Post Practice Mood:

PRACTICE

Pre Practice Mindset

Energy 1 2 3 4 5 6 7 8 9 10

Enthusiasm 1 2 3 4 5 6 7 8 9 10

Soreness 1 2 3 4 5 6 7 8 9 10

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