



WAKE FOREST Wrestling COUGARS
 Summer Workout Schedule
 2025-2026



June 1st-June 15th OFF- No Wrestling (EXAMS)

Summer Workouts

*We want all wrestlers to participate in the summer workouts.
 No workouts during **Dead Periods** set by the NCHSAA.*

*******YOU MUST HAVE A PHYSICAL ON FILE TO PARTICIPATE
 IN SUMMER WORKOUTS/TICKET TO PLAY And Dragonfly Portal
 Completely up-to-date IN ORDER TO TRYOUT*******

Workouts begin with the following dates:

June 18 & June 19 11:15-1pm Wed/Thur

June 24 & June 26 11:15-1pm Tues/Thur

June 30-July 6 NCHSAA-Dead Period *****

July 8 & July 11 11:15a- 1pm Tues/Fri

July 15 & July 17 11:15a-1pm Tues/Thur

******July 21th -27th NCHSAA-Dead Period *******

Location: Aux Gym WF High School

Contact Information:

Men's Head Coach: Andrew Shrader

Women's Head Coach: Dwayne Miller

Athletic Director Richard Dunbar

Asst. Athletic Director Robin Faulkner

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