







TWHS 2025-2026 Highlander							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Aug-10	Aug-11	Aug-12	Aug-13	Aug-14	Aug-15	Aug-16	
Week 1	Teacher Work Day No school	Teacher Work Day No School	Home Room No Freshman FIRST DAY OF SCHOOL	Intro: Lines, Attendance, Power Point, hand outs for orders and intro packets/ Lockers	Weight Room/ Intro		
		Wrestling Room Closed After School	Wrestling Room Closed After School Until Club	Wrestling Room Closed After School	Wrestling Room Closed		
08/17	08/18	08/19	08/20	08/21	08/22	08/23	
12 Weeks until the Start of the Season.	Modeling - Bench, Squat, Power Clean, Dead Lift 2 Lifts at least	Modeling - Height, Weight, Broad Jump,	Modeling - Bench, Squat, Power Clean, Dead Lift 2 Lifts at least	Wrestling 101/ Rule Changes/Competition Day	Modeling-All Lifts		
	Wrestling Room Closed	Wrestling Room Closed After School Until Club Practice	Wrestling Room Closed After School Until Club Practice	Wrestling Room Closed After School Until Club Practice	Wrestling Room Closed		
		Open House 9th 6:00-8:00 PM	Open house Main 6:00-8:00 PM				
Aug-24	Aug-25	Aug-26	Aug-27	Aug-28	Aug-29	Aug-30	
11 weeks until the start of the season.	Lift/Wrestle	Outside/Wrestle	Lift/Wrestle	Outside/Wrestle	Lift/Wrestle		
	Wrestling Room Closed	Wrestling Room Closed After School Until Club Practice	Wrestling Room Closed After School Until Club Practice	Wrestling Room Closed After School Until Club Practice	Wrestling Room Closed		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Aug-31	Sep-1	Sep-2	Sep-3	Sep-4	Sep-5	Sep-6	

	No School Labor Day	Outside/Wrestle	Lift/Wrestle	Outside/Wrestle	Lift/Wrestle		
10 Weeks until the start of the season		Open Mat 3-4PM	Open Mat 3-4PM	Open Mat 3-4PM	Wrestling Room Closed	super 32 qualifier	
		Wrestling Room Closed After School	Wrestling Room Closed After School Until Club	Wrestling Room Closed After School			
Sep-7	Sep-8	Sep-9	Sep-10	Sep-11	Sep-12	Sep-13	
9 weeks until the start of the season Off Season Week 1	Lift/Wrestle	Outside/Wrestle	Lift/Wrestle	Outside/Wrestle	Lift/Wrestle		
	Practice 3-5pm	Practice 3-5pm	Practice 3-5pm	Practice 3-5pm	Practice 3-5pm		
14-Sep	15-Sep	16-Sep	17-Sep	18-Sep	19-Sep	20-Sep	
8 weeks until the start of the season. Off Season Week 2	Lift/Wrestle	Outside/Wrestle	Lift/Wrestle	Outside/Wrestle	Lift/Wrestle		
	Practice 3-5pm	Practice 3-5pm	Practice 3-5pm	Practice 3-5pm	Practice 3-5pm		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
21-Sep	22-Sep	23-Sep	24-Sep	25-Sep	26-Sep	27-Sep	
	Lift/Wrestle	Outside/Wrestle	Lift/Wrestle	Outside/Wrestle	Lift/Wrestle		
7 weeks until the start of the season	Practice 3-5pm	Practice 3-5pm	Practice 3-5pm	Practice 3-5pm	Practice 3-5pm		
Off Season Week 3							
28-Sep	29-Sep	30-Sep	1-Oct	2-Oct	3-Oct	4-Oct	
6 weeks to							


season <b>Off Season Week 4</b>	Lift/Wrestle	Outside/Wrestle	Lift/Wrestle	Outside/Wrestle	Lift/Wrestle	Practice 9-11 am	
	Practice 3-5pm	Practice 3-5pm	Practice 3-5pm	Practice 3-5pm	Practice 3-5pm		
5-Oct	6-Oct	7-Oct	8-Oct	9-Oct	10-Oct	11-Oct	
5 weeks to season <b>Off Season Week 5</b> <b>WEIGHT CERTS</b> <b>TBA</b>	Lift/Wrestle	Outside/Wrestle	Lift/Wrestle	Outside/Wrestle	Practice 9-11 am		
	Practice 3-5pm	Practice 3-5pm	Practice 3-5pm	Practice 3-5pm			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
12-Oct	13-Oct	14-Oct	15-Oct	16-Oct	17-Oct	18-Oct	
	No School	Outside/Wrestle	Lift/Wrestle	Outside/Wrestle	Lift/Wrestle	Practice 9-11 am	
4 weeks to season		Practice 3-5pm	Practice 3-5pm	Practice 3-5pm	Practice 3-5pm		
<b>Off Season Week 6</b> Try Out Week							
19-Oct	20-Oct	21-Oct	22-Oct	23-Oct	24-Oct	25-Oct	
3 weeks to season <b>Off Season Week 7</b>	Lift/Wrestle	Outside/Wrestle	Lift/Wrestle	Outside/Wrestle	Lift/Wrestle	Practice 9-11 am	
	Practice 3-5pm	Practice 3-5pm	Practice 3-5pm	Practice 3-5pm	Practice 3-5pm		

26-Oct	27-Oct	28-Oct	29-Oct	30-Oct	31-Oct	1-Nov
2 Weeks to Season Off Season Week 8	Lift/Wrestle	Outside/Wrestle	Lift/Wrestle	Outside/Wrestle	Lift/Wrestle	<b>Meet the Highlanders</b>  Tartan Clan Duals Rules Intro: 2PM Wrestling Off: 3:00PM
	Practice 3-5pm	Practice 3-5pm	Practice 3-5pm	Practice 3-5pm	Practice 3-5pm	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2-Nov	3-Nov	4-Nov	5-Nov	6-Nov	7-Nov	8-Nov
	No School	No School / still practice	Testing All; Bench & Squat	Testing All; Height, Weight, Broad Jump, Mile	Testing All; Deadlift & Power Clean	Practice 9-11 am
		Practice 3-5pm	Practice 3-5pm	Practice 3-5pm	Practice 3-5pm	
Competition Week		Practice All 3-5PM				
9-Nov	10-Nov	11-Nov	12-Nov	13-Nov	14-Nov	15-Nov
First Competition Week 1	Lift/Film	Outside/Wrestle	Wrestle	Film	Lift/Wrestle	Highland Games Opener @ Home
	Practice 3-5pm	Practice 3-5pm	Willis Home Meet	Practice 3-5pm	Tourney Set Up	
16-Nov	17-Nov	18-Nov	19-Nov	20-Nov	21-Nov	22-Nov
Week 2	Lift/Film	Outside/Wrestle	Lift/Wrestle	Outside/Wrestle	Lift/Wrestle	

	Practice 3-5pm	Practice 3-5pm	Practice 3-5pm	Practice 3-5pm	Wrestling Room Closed	
			JV Scramble @ Home Caney Creek HS & College Park		Cy Ridge Tourney. V/G	Cy Ridge Tourney. V/G
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23-Nov	24-Nov	25-Nov	26-Nov	27-Nov	28-Nov	29-Nov
	No School Thanksgiving Break					
Week 3	Practice 9-11am	Quad @HOME V/JV/G Paetow, Clear Springs, Cy Lakes	Practice 9-11am	No Practice	No Practice	Practice 9-11 am
	Set Up TBA					
30-Nov	1-Dec	2-Dec	3-Dec	4-Dec	5-Dec	6-Dec
Week 4	Lift/Film	Outside/Wrestle	Lift/Wrestle	Outside/Wrestle	JV Lift/Wrestle	Rumble At The Rock Rockwall HS-V/G
	Practice 3-5pm	Practice 3-5pm	Practice 3-5pm	Varsity Travel	JV Practice 3-5pm	
				JV Scramble Home Klein Oak & New Waverly	Rumble At The Rock Rockwall HS-V/G	Klein Cane Quad
7-Dec	8-Dec	9-Dec	10-Dec	11-Dec	12-Dec	13-Dec
Week 5	Lift/Film	Outside/Wrestle	Lift/Wrestle	Outside/Wrestle	Tourney Set up	Woodlands Classic Host All Teams
	Practice 3-5pm	Practice 3-5pm	Practice 3-5pm	Practice 3-5pm		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Dec 14	Dec 15	Dec 16	Dec 17	Dec 18	Dec 19	Dec 20
	Lift/Film	Outside/Wrestle	Lift/Wrestle	Outside/Wrestle	Half Day No Class	Doc Hess
Week 6	Practice 3-5pm	Practice 3-5pm	Practice 3-5pm	Practice 3-5pm	Doc Hess Leave Directly After School	
				KO Tournament VARSITY INVITE	KO Tournament VARSITY INVITE	KO Tournament VARSITY INVITE
21-Dec	22-Dec	23-Dec	24-Dec	25-Dec	26-Dec	27-Dec
	No School	No School	No School	No School	No School	
KO Tournament VARSITY INVITE						Practice 9-11am
Week 7	Wrestling Room Closed	Wrestling Room Closed	Wrestling Room Closed	Wrestling Room Closed	Wrestling Room Closed	
28-Dec	29-Dec	30-Dec	31-Dec	1-Jan	2-Jan	3-Jan
Week 8	No School	No School	No School	No School	Cy Fair Invite. V/G	Cy Fair Invite. V/G
	Practice 9-11AM	Practice 9-11AM	Practice 9-11AM	Practice 9-11AM		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4-Jan	5-Jan	6-Jan	7-Jan	8-Jan	9-Jan	10-Jan
	No School	Wrestle/Film	Lift/Wrestle	Outside/Wrestle	Lift/Wrestle	Practice 9-11 am
		Practice 3-5pm	Practice 3-5pm	Practice 3-5pm	Practice 3-5pm	

Week 9						
11-Jan	12-Jan	13-Jan	14-Jan	15-Jan	16-Jan	17-Jan
Week 10	Lift/Film	Outside/Wrestle	lift	Outside/Wrestle	All: Walk Through	Tiger Classic @ Klein Collins. V/G/JV
	Practice 3-5pm	Practice 3-5pm	Practice 3-5pm	Practice 3-5pm	Tlger Classic @ Klein Collins. V/G/JV	
18-Jan	19-Jan	20-Jan	21-Jan	22-Jan	23-Jan	24-Jan
Week 11	No School	JV: Drill Review Varsity: Film	JV: Lift Varsity: Walk Through	All: Film	JV: Drill Varsity: Film Study for Districts	Ridge Invite. @ Cy Ridge HS JV & Last Chance JV to sam houston duals
		Practice 3-5pm	Senior night TBA Klein Cane JV onalaska	Practice 3-5pm	Practice 3-5pm	
	Practice All 8-10AM					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25-Jan	26-Jan	27-Jan	28-Jan	29-Jan	30-Jan	31-Jan
	All: Film Study Not Competing: Lift	All: Film Study Not Competing: Outside Work	JV: Walk Through Varsity: Film Study Not Competing: Lift	All: Study Hall	All: Film	Practice 9-11
	Practice 3-5pm	Practice 3-5pm	Varsity: Walk Through 3:10-4:10PM	Mat Room Closed	stretch and drill 3-5	
Week 12			JV District Meet @ Conroe HS	District Meet	All Non Qualifiers Turn in Equipment. 3-3:30PM	
1-Feb	2-Feb	3-Feb	4-Feb	5-Feb	6-Feb	7-Feb
	All: Film Study Not Competing: Lift	All: Film Study Not Competing: Outside Work	All: Film Study Not Competing: Lift	All: Film Not Competing: Outside Work		Practice 9-11

Week 13	Competing: Lift	Competing: Outside Work	Lift	Competing: Outside Work	All: Study Hall	HS Qualifiers
	Practice: 3:10-5:10PM	Practice: 3:10-4:30PM	Practice: 3:10-4:30PM	Travel to Regionals	Regionals @Allen HS Qualifiers	
	End Of Season Interviews During Study					
8-Feb	9-Feb	10-Feb	11-Feb	12-Feb	13-Feb	14-Feb
Week 14	All: Film Not Competing: Lift	All: Film Not Competing: Outside Work	All: Film Not Competing: Lift	All: Film Not Competing: Outside Work	State Meet @Berry Center Qualifiers	State Meet @Berry Center Qualifiers
	Practice 3:10pm-5:10pm	Practice 3:10pm-4:30pm	Practice 3:10pm-4:30pm	Practice at Berry Center for qualifers		
	End Of Season Interviews During Study Hall					All Watch Placement and Finals W/ Team Dinner @ 9PM
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15-Feb	16-Feb	17-Feb	18-Feb	19-Feb	20-Feb	21-Feb
	No School	Testing: Bench/ Squat Exit Interviews	Testing: Power Clean/ Deadlift Exit Interviews	Game Day	Make Up Testing Game Day	
Testing Week		Mat Room Closed	Mat Room Closed	Mat Room Closed	Mat Room Closed	
					All Equipment Due!!	
22-Feb	23-Feb	24-Feb	25-Feb	26-Feb	27-Feb	28-Feb
Spring Week 0	All: Lift	Circuit	All: Lift	Circuit	Competition Day: Dodge Ball	
	Practice 4:10-5:10PM	Lift: 3:10-4PM	Practice 4:10-5:10PM	Lift: 3:10-4PM	Room Closed After School	
	Spring Parent Meeting	HWC MS/HS 6:30-8PM		HWC MS/HS 6:30-8PM		