



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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