



Angelo Rodriguez Off-Season 2026

[Wrestling Commitment Form](#) | [RHS Wrestle Site](#) | [TENTATIVE 2026-2027 SCHEDULE](#)

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Off-Season 2026	
Start Time	Monday, March 23rd, 2026
End Time	Thursday, May 28th, 2026 (Last Practice)
Practice Time	Monday, Tuesday, and Thursday
High School	3:45pm-5:45pm

Requirements

- You are all still *student*-athletes so prioritize school. Students will need at least a 2.0 GPA in order to practice.
- You *must* have a USA Wrestling Card in order to compete (\$20, give payment to Coach Vu)

USA Wrestling Card

As advised earlier, you will need a USA Wrestling card. Click [here](#) to obtain it.

Schedule

There will be off-season beginning Monday, March 23rd, 2026. Practices will be every *Monday, Tuesday,* and *Thursday* from 3:45-5:45pm.

In the off-season, we will be wrestling folkstyle. If you want to learn freestyle and greco, ask.

Monday: **Lifting only w/ Yanes**

Tuesday/Thursday: Folkstyle



2026 Off-Season Wrestling Schedule

REGISTRATION

Regular Tournaments: \$20.00 Freestyle, \$10 Greco, \$20 Folkstyle

Foundation Tournament: \$25.00 Freestyle, \$10 Greco, \$25 Folkstyle

Club Championships: \$25.00 Freestyle, \$15 Greco, \$25 Folkstyle

SAWA Championships***: \$30.00 Freestyle, \$15 Greco, \$25 Folkstyle

Details: SAWA tournaments will no longer use Trackwrestling. You will need to register using the Sawa Wrestling Website, sawawrestling.org. Scroll down to "Tournament Schedule" and register from there.

You will find the brackets on USAbracketing.com

- Make an account using your USA Wrestling ID (only if you are a wrestler).
- If you are a spectator, just make an account like normal.

Date	Location	Registration
March 13 <i>Freestyle</i> <i>Greco</i> <i>Folkstyle</i>	<i>Rhino Spring Tournament</i> Twelve Bridges High School, 2360 Fieldstone Dr, Lincoln, CA 95648, USA sawaprez@hotmail.com	Click here
March 20 <i>Freestyle</i> <i>Greco</i> <i>Folkstyle</i>	<i>Maverick Spring Tournament</i> Mesa Verde High School, 7501 Carriage Dr, Citrus Heights, CA 95621, USA sawaprez@hotmail.com	Click here
March 27 <i>Freestyle</i> <i>Greco</i> <i>Folkstyle</i>	<i>Nevada Union Miner Spring Tournament</i> Nevada Union High School, 11761 Ridge Rd, Grass Valley, CA 95945, USA sawaprez@hotmail.com	Click here
April 3 <i>Freestyle</i> <i>Greco</i> <i>Folkstyle</i>	<i>SAWA Club Championships</i> Cordova High School, 2239 Chase Dr, Rancho Cordova, CA 95670, USA sawaprez@hotmail.com	Click here
April 10 <i>Freestyle</i> <i>Greco</i> <i>Folkstyle</i>	<i>SAWA Foundation Tournament</i> Bella Vista High School, 8301 Madison Ave, Fair Oaks, CA 95628, USA sawaprez@hotmail.com	Click here
April 17	<i>Mustang Spring Tournament</i>	Click here



<i>Freestyle</i> <i>Greco</i> <i>Folkstyle</i>	Foothill High School, 5000 McCloud Dr, Sacramento, CA 95842, USA sawaprez@hotmail.com	
April 24 <i>Freestyle</i> <i>Greco</i> <i>Folkstyle</i>	<i>SAWA Spring Championships</i> Sierra College, 5100 Sierra College Blvd, Rocklin, CA 95677, USA sawaprez@hotmail.com	Click here
May 1 <i>Freestyle</i> <i>Greco</i> <i>Folkstyle</i>	<i>Casa Rams Spring Tournament</i> Casa Roble Fundamental High School, 9151 Oak Ave, Orangevale, CA 95662, USA sawaprez@hotmail.com	Click here



Summer Camps

As a Freshman, I had a 15-25 record and went 1-2 at divisionals. The next year, as a Sophomore, I won league and divisionals. The reason being: wrestling camps. If you had a late start on the sport like I did, wrestling camps will catch you up and take you to the next step. Although they are pricey, they are worth it in the long run. Let us know if you need us to help you out in any way.

Date	Camp	Address	Link to Register
6/26/25 - 6/29/25	Stanford Intensive/ Technique Camp	641 Campus Drive, Stanford, CA, 94305	Click here (\$600/\$500)
Camp #1 June 23-27, 2025 Camp #2 June 29-July 3, 2025	Cal Poly Mustang Technique Camp/ Beginner Camp	(Not at Cal Poly, misleading, I know).	Click here (\$675)
West Coast Wrestler	West Coast Wrestler by Mark Munoz (Vallejo Legend!)	(Find in Website)	Click here (Prices vary)
July 27-31, 2025	Fullerton Wrestling Camp	Hope International University, 2500 E. Nutwood Avenue, Fullerton, CA 92831	Click here \$645