

November

2023

Wrestling Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 OFF SEASON LIFTING 2:30-3:30	31 OFF SEASON LIFTING 2:30-3:30 Open Room - 3:30-5:00	1	2 BODY FAT TESTING AFTER SCHOOL Open Room - 3:30-5:00	3	4
5	6 OFF SEASON LIFTING 2:30-3:30	7 BODY FAT TESTING AFTER SCHOOL Open Room - 3:30-5:00	8	9 OFF SEASON LIFTING 2:30-3:30 Open Room - 3:30-5:00	10	11
12	13 First Day of Practice Morn – 6:30 am Lift Afternoon- 3:30 -5:30 practice	14 Afternoon- 3:30 -5:30 practice Mindset Training- End of Practice	15 Morn – 6:30 am Lift Afternoon- 3:30 -5:30 practice	16 Afternoon- 3:30 -5:30 practice	17 Morn – 6:30 am Lift Afternoon- 3:30 -5:30 practice	18 P- 8:00-10:00 am
19	20 Morn – 6:30 am Lift Afternoon- 3:30 -5:30 practice	21 Afternoon- 1:00-3:00 practice Mindset Training- End of Practice	22 P- 8:00-10:00 am	23 Off Thanksgiving	24 P- 4:00-6:00 pm	25 P- 8:00-10:00 am
26	27 Morn –6:30 am Lift Afternoon- 3:30 -5:00 practice	28 V/JV Home vs CR Wash 6:00 pm	29 Morn –6:30 am Lift Afternoon- 3:30 -5:30 practice	30 Afternoon- 3:30-5:30 practice		

December

2023

Wrestling Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Morn – 6:30 am Lift Afternoon- 3:30 -5:00 practice	2 Varsity @ Monticello 10:00 am Bus- 6:45 am
3	4 Morn – 6:30 am Lift Afternoon- 3:30 -5:30 practice JV @ CPU 4:30p Bus - 2:40 p	5 Afternoon- 3:30 -5:30 practice Mindset Training- End of Practice	6 Morn – 6:30 am Lift Afternoon- 3:30 -5:00 practice	7 V/JV Home vs Indee 6:00pm	8 Morn – 6:30 am Lift Afternoon- 3:30-5:00 practice GYM SET UP- After BBall Game	9 Varsity @ Mt. Vernon 10:00 am Bus- 7:00 am JV @ Marion 9:00 am
10 HELP WITH KIDS TOURNAMENT ALL DAY!	11 Morn – 6:30 am Lift Afternoon- V 3:30 -5:30 practice JV @ Vinton 4:30 pm Bus - 2:30 pm	12 Afternoon- 3:30 -5:30 practice Mindset Training- End of Practice	13 Morn – 6:30 am Lift Afternoon- 3:30 -5:00 practice	14 V/JV @ Mt. Vernon /West Delaware 6:00 pm Bus- 4:00 pm	15 Morn – 6:30 am Lift Afternoon- 3:30 -5:00 practice	16 Varsity @ Bondurant-Farrar 10:00 LEAVE- 6:30 AM JV @ CR Prairie 9:00am Bus - 6:30 am
17	18 Morn – 6:30 am Lift Afternoon- 3:30 -5:30 practice	19 V/JV @ Maquoketa/ Clinton 3:15 pm Bus - 4:00 pm	20 Morn – 6:30 am Lift Afternoon- 3:30 -5:00 practice	21 Afternoon- 3:30 -5:00 practice	22 Morn – 6:30 am Lift Afternoon- OFF	23 OFF
24	25 Off	26 Off	27 P-4:00-6:00 pm	28 P- 8:00-10:00 am	29 P- 8:00-10:00 am	30 P- 8:00-10:00 am

January

2024

Wrestling Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 P- 8:00-10:00 am	2 P- 8:00-10:00 am Mindset Training- End of Practice	3 Afternoon- 3:30 -5:00 practice	4 V/JV @ South Tama/ Solon 6:00 pm Bus- 3:30 pm	5 Morn – 6:30 am Lift Afternoon- 3:30 -5:00 practice	6 Varsity@Linn Mar 9:00 LEAVE Marion 7:15 am JV @ N. Scott 9:00 am Bus - 6:30 am
7	8 Morn – 6:30 am Lift Afternoon- 3:30 -5:30 practice	9 Afternoon- 3:30 -5:30 practice Mindset Training- End of Practice	10 Morn – 6:30 am Lift Afternoon- 3:30 -5:00 practice	11 V/JV Home vs CCA/ Grinnell 6:00 pm * Senior Night*	12 Morn – 6:30 am Lift Afternoon- 3:30 -5:00 practice GYM SET UP- After BBall Game	13 Varsity @ Home Tourney 9:30 am
14	15 P- V 8:00-10:00 am JV @ Solon 3:30 pm Bus - 2:00 pm	16 Afternoon- 3:30 -5:30 practice Mindset Training- End of Practice	17 Morn – 6:30 am Lift Afternoon- 3:30 -5:00 practice	18 V/JV @ CPU 6:00 pm Bus-4:00 pm	19 V- @ Blue Valley Overland Park KS Leave Marion 6:30 am	20 V- @ Blue Valley Overland Park KS
21	22 Morn – V 6:30 am Lift Afternoon- V 3:30 -5:30 JV @ S. Tama 5:00 pm Bus - 3:00 pm	23 Afternoon- 3:30 -5:30 practice Mindset Training- End of Practice	24 Morn – 6:30 am Lift Afternoon- 3:30 -5:30 practice	25 Afternoon- 3:30 -5:30 practice	26 Morn – 6:30 am Lift Afternoon- 3:30-5:00 practice	27 Varsity WaMaC @ Williamsburg 10:00 am Bus - 6:30 a
28	29 Morn – 6:30 am Lift Afternoon- 3:30 -5:00 practice	30 V/JV Home vs CR Jeff 6:00 pm	31 Morn – 6:30 am Lift Afternoon- 3:30 -5:00 practice			

February

2024

Wrestling Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				P- 8:00-10:00 am 1	P- 8:00-10:00 am 2	TBD 3
4	5 Morn – 6:30 am Lift Afternoon- 3:30 -5:00 practice	6 Afternoon- 3:30 -5:00 practice Mindset Training- End of Practice	7 Morn – 6:30 am Lift Afternoon- 3:30 -5:00 practice	8 Afternoon- 3:30 -5:00 practice	9 Morn – 6:30 am Lift Afternoon- 3:30 -5:00 practice	10 Varsity Districts @ TBD 10:00 am Bus -
11	12 Morn – 6:30 am Lift Practice - 3:30-5:00	13 Practice 3:30-5:00 Leave For State	14 STATE 1:30 pm session weigh-ins 11:30	15 STATE 1:30 pm session weigh-ins 11:30	16 STATE 1:30 pm session weigh-ins 11:30	17 STATE 1:30 pm session weigh-ins 11:30
18	19	20	21 *TURN IN GEAR*	22	23	24
25	26	27	28	29		