

November

2023

Girls Wrestling Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	30 First Day of Practice Morn – 6:30 am Lift Afternoon- 3:30 -5:30 practice	31 Afternoon- 3:30 -5:30 practice	1 Morn – 6:30 am Lift Afternoon- 3:30 -5:30 practice	2 Afternoon- 3:30 -5:30 practice Parent meeting 6-7	3 Morn – 6:30 am Lift Afternoon- 3:30 -5:30 practice	4
5	6 Morn – 6:30 am Lift Afternoon- 3:30 -5:30 practice & PICTURES	7 Afternoon- 3:30 -5:30 practice Mindset Training- End of Practice	8 Morn – 6:30 am Lift Afternoon- 3:30 -5:30 practice	9 Afternoon- 3:30 -5:30 practice	10 Morn – 6:30 am Lift Afternoon- 3:30 -5:30 practice	11 Practice 8-9:30
12	13 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 Independence Tournament 9:00 am Bus- 5:45 am
19	20 Morn – 6:30 am Lift Afternoon- 3:30 -5:30 practice	21 @CR Jeff/CR Wash/W. Dub Leave - 4:00	22 P- 8:00-10:00 am	23 Off Thanksgiving	24 P- 4:00-6:00 pm	25 P- 8:00-10:00 am
25	27 Morn – 6:30 am Lift Afternoon- 3:30 -5:30 practice	28 Afternoon- 3:30 -5:30 practice Mindset Training- End of Practice	29 Morn – 6:30 am Lift Afternoon- 3:30 -5:30 practice	30 Afternoon- 3:30 -5:30 practice		

December

2023

Girls Wrestling Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Morn – 6:30 am Lift Afternoon- 3:30 -5:30 practice	2 ????
3	4 Williamsburg Tournament 4:00 p Bus- 1:00 pm	5 Afternoon- 3:30 -5:30 practice Mindset Training- End of Practice	6 Morn – 6:30 am Lift Afternoon- 3:30 -5:30 practice	7 Home vs. Indee 6:00pm	8 Morn – 6:30 am Lift Afternoon- 3:30 -5:30 practice GYM SET UP- After BBall Game	9 Home Tournament @ 9:00 am
10 HELP WITH KIDS TOURNAMENT ALL DAY!	11 Morn – 6:30 am Lift Afternoon- 3:30 -5:30 practice	12 Afternoon- 3:30 -5:30 practice Mindset Training- End of Practice	13 Morn – 6:30 am Lift Afternoon- 3:30 -5:30 practice	14 @ Mt. Vernon & West Delaware 6:00 pm Bus- 4:00pm	15 Morn – 6:30 am Lift Afternoon- 3:30 -5:30 practice	16 CR Prairie Tournament 9:00am Bus - 6:30 am
17	18 North Liberty Tournament 4:30 pm Bus- 2:45 pm	19 V/JV @ Anamosa/ Cascade 6:00 pm Bus - 4:00 pm	20 Morn – 6:30 am Lift Afternoon- 3:30 -5:30 practice	21 Afternoon- 3:30 -5:30 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
31						

January

2024

Girls Wrestling Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	P- 8:00-10:00 am 1	P-8:00-10:00 am Mindset Training- End of Practice 2	Afternoon- 3:30 -5:30 practice 3	@ South Tama/Solon 6:00 pm Bus- 3:30 pm 4	@North Scott 5:00 pm Bus - 1:30pm 5	6
7	Morn – 6:30 am Lift Afternoon- 3:30 -5:30 practice 8	Afternoon- 3:30 -5:30 practice Mindset Training- End of Practice 9	Morn – 6:30 am Lift Afternoon- 3:30 -5:30 practice 10	Home vs. CCA/Grinell 6:00 pm * Senior Night* 11	Morn – 6:30 am Lift Afternoon- 3:30 -5:30 practice GYM SET UP- After BBall Game 12	Oelwein Tournament 10:00 am Bus- 6:30 am 13
14	Morn – 6:30 am Lift Afternoon- 3:30 -5:30 practice 15	Afternoon- 3:30 -5:30 practice Mindset Training- End of Practice 16	Morn – 6:30 am Lift Afternoon- 3:30 -5:30 practice 17	@CPU 6:pm Bus - 4:00pm 18	WaMaC @ Williamsburg 5:00 p Bus- 1:45 pm 19	20
21	Morn – 6:30 am Lift Afternoon- 3:30 -5:30 practice 22	Afternoon- 3:30 -5:30 practice Mindset Training- End of Practice 23	Morn – 6:30 am Lift Afternoon- 3:30 -5:30 practice 24	Afternoon- 3:30 -5:30 practice 25	Regionals @ Bus- 26	27
28	Morn - 6:30 am lift Afternoon - 3:30-5:30 practice 29	Afternoon- 3:30 -5:30 practice Mindset Training- End of Practice 30	Morn - 6:30am lift Afternoon 3:30-5:30 practice 31			

February

2024

Girls Wrestling Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				¹ Girls State @ Iowa City Xtream Arena Leave-	² Girls State @ Iowa City Xtream Arena Leave-	³
4	5	6	7 TURN IN GEAR	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		