

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17 First Practice in Wrestling Room 3:00- 4:30	18
19	20 Weight Room- 2:30- 3:15 Practice 3:20-5:30	21 Weight Room- 2:30- 3:15 Practice 3:20-5:30	22 Weight Room- Practice 8:00-10:00	23 THANKSGIVING Enjoy Family Time!!	24 Practice:3:00-5:00	25
26	27 Practice:3:00-5:00	28 Weight Room- 2:30- 3:15 Practice 3:20-5:30	29 Weight Room- 2:30- 3:15 Practice 3:20-5:30	30 Weight Room- 2:30- 3:15 Practice 3:20-5:30		

EVENTS

All Wrestlers will meet in the Weight Room after school from 2:30 – 3:15 to lift before practice. We will get mats out and set up Aux Gym at 3:15

All Practices will be held in the Aux Gym from 3:15-5:30. We will start cleaning up mats at 5:30 and be out of the gym at 5:45.

December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Varsity@ Cumberland Valley JV Practice 3:00-5:00	2 Varsity & JV @ Cumberland Valley
3	4 Weight Room- 2:30-3:15 Practice 3:20-5:30	5 Weight Room- 2:30-3:15 Practice 3:20-5:30	6 Weight Room- 2:30-3:15 Practice 3:20-5:30	7 Weight Room- 2:30-3:15 Practice 3:20-5:30	8 Varsity @ Penn Manor JV Practice 3:00-5:00	9 Varsity and JV @ Penn Manor
10	11 Weight Room- 2:30-3:15 Practice 3:20-5:30	12 Weight Room- 2:30-3:15 Practice 3:20-5:30	13 Weight Room- 2:30-3:15 Practice 3:20-5:30	14 Weight Room- 2:30-3:15 Practice 3:20-5:30	15 Varsity @ Howdy Duncan William Penn HS, DE	16 Varsity @ Howdy Duncan William Penn HS, DE
17	18 Weight Room- 2:30-3:15 Practice 3:20-5:30	19 Weight Room- 2:30-3:15 Practice 3:20-5:30	20 Practice 3:00-4:00 @ GOVERNOR MIFFLIN	21 Weight Room- 2:30-3:15 Practice 3:20-5:30	22 Weight Room- 2:30-3:15 Practice 3:20-5:30	23 Practice: TBA
24	25 CHRISTMAS Enjoy Family!!!	26 Weight Room- 2:30-3:15 Practice 3:20-5:30	27 Weight Room- 2:30-3:15 Practice 3:20-5:30	28 Weight Room- 2:30-3:15 Practice 3:20-5:30	29 VARSITY & JV @ Conestoga Valley Tournament	30 VARSITY & JV @ Conestoga Valley Tournament
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EVENTS

All Tournament leave times will be announced.

Howdy Duncan Tournament we will be staying overnight. This is a VARSITY only tournament

All Wrestlers will get a TWO (2) Pound Weight Allowance on 12/25.

January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Years Day Enjoy Family!!!!	2 Weight Room- 2:30-3:15 Practice 3:20-5:30	3 Weight Room- 2:30-3:15 Practice 3:20-5:30	4 Weight Room- 2:30-3:15 Practice 3:20-5:30	5 Weight Room- 2:30-3:15 Practice 3:20-5:30	6 @ OCTORARA DUALS
7	8 Weight Room- 2:30-3:15 Practice 3:20-5:30	9 Weight Room- 2:30-3:15 Practice 3:20-5:30	10 Practice 3:00-4:00 WILSON BIG BROTHER NIGHT	11 Weight Room- 2:30-3:15 Practice 3:20-5:30	12 Counties @ READING INDIVIDUAL	13 Counties @ READING INDIVIDUAL
14	15 Weight Room- 2:30-3:15 Practice 3:20-5:30	16 Weight Room- 2:30-3:15 Practice 3:20-5:30	17 Practice 3:00-4:00 READING SENIOR NIGHT	18 Weight Room- 2:30-3:15 Practice 3:20-5:30	19 Weight Room- 2:30-3:15 Practice 3:20-5:30	20 BLUE/WHITE DUALS
21	22 Weight Room- 2:30-3:15 Practice 3:20-5:30	23 Weight Room- 2:30-3:15 Practice 3:20-5:30	24 Weight Room- 2:30-3:15 Practice 3:20-5:30	25 Weight Room- 2:30-3:15 Practice 3:20-5:30	26 Team Counties @ WYOMISSING	27 Practice: TBA Jr. High Round Robin
28	29 Weight Room- 2:30-3:15 Practice 3:20-5:30	30 Weight Room- 2:30-3:15 Practice 3:20-5:30	31 Weight Room- 2:30-3:15 Practice 3:20-5:30			

EVENTS

All **DEPARTURE** times will be announced.

INDIVIDUAL & **TEAM** Counties will be JV and Varsity.

We will set up for our BLUE/WHITE DUALS Friday 12/19. Time TBA

February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Weight Room- 2:30-3:15 Practice 3:20-5:30	2 Weight Room- 2:30-3:15 Practice 3:20-5:30	3 Practice: TBA
4	5 Weight Room- 2:30-3:15 Practice 3:20-5:30	6 Weight Room- 2:30-3:15 Practice 3:20-5:30	7 Weight Room- 2:30-3:15 Practice 3:20-5:30	8 Weight Room- 2:30-3:15 Practice 3:20-5:30	9 Weight Room- 2:30-3:15 Practice 3:20-5:30	10 Practice: TBA
11	12 Weight Room- 2:30-3:15 Practice 3:20-5:30	13 Weight Room- 2:30-3:15 Practice 3:20-5:30	14 Weight Room- 2:30-3:15 Practice 3:20-5:30	15 Weight Room- 2:30-3:15 Practice 3:20-5:30	16 Weight Room- 2:30-3:15 Practice 3:20-5:30	17 SECTIONALS @ GOVERNOR MIFFLIN
18	19 Weight Room- 2:30-3:15 Practice 3:20-5:30	20 Weight Room- 2:30-3:15 Practice 3:20-5:30	21 Weight Room- 2:30-3:15 Practice 3:20-5:30	22 Weight Room- 2:30-3:15 Practice 3:20-5:30	23 DISTRICTS @ SPRING GROVE	24 DISTRICTS @ SPRING GROVE
25	26 Weight Room- 2:30-3:15 Practice 3:20-5:30	27 Weight Room- 2:30-3:15 Practice 3:20-5:30	28 Weight Room- 2:30-3:15 Practice 3:20-5:30	29 Weight Room- 2:30-3:15 Practice 3:20-5:30		

EVENTS

All Tournament DEPARTURES will be announced

All wrestlers are expected to be at practice until the end of the season.

As wrestlers are eliminated, please bring in all issued equipment in a bag. Please make sure all equipment is **WASHED**.

March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Weight Room- 2:30-3:15 Practice 3:20-5:30	2 Practice: TBA
3	4 Weight Room- 2:30-3:15 Practice 3:20-5:30	5 Weight Room- 2:30-3:15 Practice 3:20-5:30	6 Practice: TBA	7 STATES@ HERSHEY GIANT CENTER	8 STATES@ HERSHEY GIANT CENTER	9 STATES@ HERSHEY GIANT CENTER
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

EVENTS