

Nov. 2023

| Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|-----------------------|
| | | 1 Open mat 7:00-8:30pm | 2 Open mat 7:00-8:00am | 3 Open 10:00am-12:00pm | 4 |
| 6 Open mat 3:40-5:00pm | 7 Open mat 7:00-8:30pm | 8 Open mat 7:00-8:30pm | 9 Open mat 7:00-8:00am | 10 | 11 |
| 13 Open mat 3:40-5:00pm Parent/Athlete Meeting Christgau Hall 5:30pm | 14 Open mat 7:00-8:30pm | 15 Open mat 7:00-8:30pm | 16 Open mat 7:00-8:00am Youth kick off camp 6:00pm-7:15pm | 17 | 18 |
| 20 <u>Start of the season</u> Gear pass out Practice 3:40-6:00pm | 21 Practice 3:40 to 6:00pm Weight certification? | 22 NO School Thanksgiving break Practice 8:00 to 11:00am Weight room 10:00-11:00am | 23 NO School Thanksgiving break No practice Happy Thanksgiving | 24 NO School Thanksgiving break Practice 1:00-4:00pm Weight room 3:00-4:00pm | 25 No practice |
| 27 Weight certification? AM weight lifting 7:00-7:45am Team meeting 7:45-8:05am Practice 3:40-6:00pm | 28 Weight certification? Practice 3:40- 6:00pm <u>Weight room</u> Group 1 4:30 –5:15pm Group 2 5:15-6:00 pm | 29 AM weight lifting 7:00-7:45am Team meeting 7:45-8:05am Practice 3:40-6:00pm | 30 Practice 3:40-6:00pm | | |

Dec. 2023

| Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|---|---|---|--|
| | | | | 1 Practice 3:40– 6:00 pm Set up mats after practice | 2 Set up 4 mats 7:00am SPAM Town Duals Weigh-ins 8am Wrestling starts 9am |
| 4 AM weight lifting 7:00-7:45am Team meeting 7:45-8:05am Practice 3:40-6:00pm | 5 Practice 3:40-6:00pm <u>Weight room</u> Group 1 4:30 –5:15pm Group 2 5:15-6:00 pm | 6 AM weight lifting 7:00-7:45am Team meeting 7:45-8:05am Practice 3:45-6:00pm | 7 AWAY Triangular @ 5:30pm @ Roch. Century with Owatonna | 8 Practice 3:40-6:00pm | 9 NONE |
| 11 AM weight lifting 7:00-7:45am Team meeting 7:45-8:05am Practice 3:40-6:00pm | 12 Practice 3:40-6:00pm <u>Weight room</u> Group 1 4:30 –5:15pm Group 2 5:15-6:00 pm | 13 AM weight lifting 7:00-7:45am Team meeting 7:45-8:05am Practice 3:40-6:00pm | 14 AWAY Triangular @ 5:30pm @ Northfield with Winona | 15 Practice 3:40-6:00pm | 16 Monticello Individual Tournament Weigh in at 8am Wrestling starts at 10am |
| 18 MS @ St. Peter AM weight lifting 7:00-7:45am Team meeting 7:45-8:05am Practice 3:40-6:00pm | 19 MS @ Owatonna Practice 3:40-6:00 pm <u>Weight room</u> Group 1 4:30 –5:15pm Group 2 5:15-6:00 pm | 20 AM weight lifting 7:00-7:45am Team meeting 7:45-8:05am Practice 3:40-6:00pm | 21 AWAY Dual Meet @ GMLOS Youth matches @ 5:00pm JV @ 5:45pm Varsity @ 6:15pm | 22 Team pictures Practice 3:40-6:00pm | 23 NONE |
| 25 No school No practice Happy Holidays | 26 No school Practice 8:00-11:00am Lift 10:00-11:00am | 27 No school Practice 8:00-10:00am | 28 No school Roger Individual Tournament Stay overnight | 29 No school Rogers Individual Tourna- ment | 30 NONE |

Jan. 2024

| Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|--|--|--|---|
| <p>1 No School</p> <p>POOL practice TBD</p> <p>Optional roll around TBD</p> | <p>2</p> <p>AWAY @ Rochester</p> <p>Mayo</p> <p>JV 6:00pm</p> <p>V 7:00pm</p> | <p>3</p> <p>AM weight lifting 7:00-7:45am</p> <p>Team meeting 7:45-8:05am</p> <p>Practice 3:40-6:00pm</p> | <p>4</p> <p>Practice 3:40-6:00pm</p> <p><u>Weight room</u></p> <p>Group 1 4:30 –5:15pm</p> <p>Group 2 5:15-6:00 pm</p> | <p>5</p> <p>Practice 3:40-6:00pm</p> | <p>6</p> <p>Cannon Falls</p> <p>Individual tournament</p> <p>Weigh in 8:00am</p> <p>Wrestling starts 10am</p> |
| <p>8</p> <p>AM weight lifting 7:00-7:45am</p> <p>Team meeting 7:45-8:05am</p> <p>Practice 3:40-6:00pm</p> | <p>9</p> <p>Practice 3:40-6:00pm</p> <p><u>Weight room</u></p> <p>Group 1 4:30 –5:15pm</p> <p>Group 2 5:15-6:00 pm</p> | <p>10</p> <p>AM weight lifting 7:00-7:45am</p> <p>Team meeting 7:45-8:05am</p> <p>Practice 3:40-6:00pm</p> | <p>11</p> <p>Practice 3:40-6:00</p> | <p>12 No school for students</p> <p>HOME triangular @ 5:30 pm W/ Mankato West and Albert Lea</p> <p>Youth night</p> <p>Parent night</p> | <p>13</p> <p>Middle School at Mankato East</p> <p>NO JV or V event</p> <p>14 Sun.</p> <p>Youth tournament</p> <p>8am check in</p> <p>10am wrestling start</p> |
| <p>15 No school for students</p> <p>Practice 3:40-6:00pm</p> | <p>16</p> <p>Practice 3:40-6:00pm</p> <p><u>Weight room</u></p> <p>Group 1 4:30 –5:15pm</p> <p>Group 2 5:15-6:00 pm</p> | <p>17</p> <p>AM weight lifting 7:00-7:45am</p> <p>Team meeting 7:45-8:05am</p> <p>Practice 3:40-6:00pm</p> | <p>18</p> <p>HOME Dual w/ Roch. JM</p> <p>JV 6:00pm</p> <p>V 7:00pm</p> <p>Senior night</p> | <p>19</p> <p>Practice 3:40-6:00</p> | <p>20</p> <p>Eastview Individual tournament</p> <p>Weigh in 8:00am</p> <p>Wrestling starts 10am</p> |
| <p>22</p> <p>AM weight lifting 7:00-7:45am</p> <p>Team meeting 7:45-8:05am</p> <p>Practice 3:40-6:00pm</p> | <p>23</p> <p>Practice 3:40-6:00pm</p> <p><u>Weight room</u></p> <p>Group 1 4:30 –5:15pm</p> <p>Group 2 5:15-6:00 pm</p> | <p>24</p> <p>AM weight lifting 7:00-7:45am</p> <p>Team meeting 7:45-8:05am</p> <p>Practice 3:40-6:00pm</p> | <p>25</p> <p>HOME triangular @ 5:00 w/ Mankato East and Roch. Century</p> <p>PEP Band</p> <p>PINK Night</p> | <p>26</p> <p>Practice 3:40-6:00</p> | <p>27</p> <p>South St. Paul individual Tournament</p> <p>Weigh in 8:00am</p> <p>Wrestling starts 10am</p> <p>9th grade and under state qualifier in JCC</p> |

Feb. 2024

| Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|--|--|---|--|
| <p><i>Jan. 29</i> AM weight lifting 7:00-7:45am Team meeting 7:45-8:05am</p> <p>Practice 3:40-6:00pm</p> | <p><i>Jan. 30</i> Practice 3:40-6:00pm</p> <p><u>Weight room</u> Group 1 4:30 –5:15pm Group 2 5:15-6:00 pm</p> | <p><i>Jan. 31</i> AM weight lifting 7:00-7:45am Team meeting 7:45-8:05am</p> <p>Practice 3:40-6:00pm</p> | <p><i>1</i> Practice 3:40-6:00pm</p> | <p><i>2</i> Practice 3:40-6:00pm</p> | <p><i>3</i> <i>PINE Island Tournament</i> <i>Weigh in 8am</i> <i>Wrestling starts 10am</i></p> |
| <p><i>5</i> AM weight lifting 7:00-7:45am Team meeting 7:45-8:05am</p> <p>Practice 3:40-6:00pm</p> | <p><i>6</i> Practice 3:40-6:00pm</p> <p><u>Weight room</u> Group 1 4:30 –5:15pm Group 2 5:15-6:00 pm</p> | <p><i>7</i> AM weight lifting 7:00-7:45am Team meeting 7:45-8:05am</p> <p>Practice 3:40-6:00pm</p> | <p><i>8</i> <i>AWAY @ Faribault with</i> <i>Lakeville North 4pm weigh-</i> <i>in; 5pm start</i></p> | <p><i>9</i> <i>Springfield tournament</i> <i>Time?</i></p> | <p><i>10</i> <i>JV BIG 9 @ Owatonna</i> <i>11am</i></p> <p><i>Girls individual sections</i> <i>Redwood Valley HS</i></p> |
| <p><i>12</i> AM weight lifting 7:00-7:45am Team meeting 7:45-8:05am</p> <p>Practice 3:40-6:00pm</p> | <p><i>13</i> Practice 3:40-6:00pm</p> <p><u>Weight room</u> Group 1 4:30 –5:15pm Group 2 5:15-6:00 pm</p> | <p><i>14</i> AM weight lifting 7:00-7:45am Team meeting 7:45-8:05am</p> <p>Practice 3:40-6:00pm</p> | <p><i>15</i> Practice 3:40-6:00pm</p> <p><i>Team sections TBD @ High</i> <i>seed</i></p> | <p><i>16 No School for students</i></p> <p>Dome practice TBD</p> | <p><i>17</i></p> <p><i>Team sections Mayo civic</i> <i>center TBD</i></p> |
| <p><i>19 no School holiday</i></p> <p>Practice Wrestling room?? <i>9:00am-11:00am</i> <i>Lift 11:00am-11:45am</i></p> <p><i>Team Lunch 12:00pm</i></p> | <p><i>20</i> Practice 3:40-6:00pm</p> <p><u>Weight room</u> Group 1 4:30 –5:15pm Group 2 5:15-6:00 pm</p> | <p><i>21</i> AM weight lifting 7:00-7:45am Team meeting 7:45-8:05am</p> <p>Practice 3:40-6:00pm</p> | <p><i>22</i> Practice 3:40-6:00pm</p> | <p><i>23</i> <i>Individual section @ Mayo</i> <i>civic center</i></p> | <p><i>24</i> <i>Individual section @ Mayo</i> <i>civic center</i></p> |

March 2024

| Mon | Tue | Wed | Thu | Fri & Sat |
|--|---|---|---|--|
| <i>Feb 26</i> <i>Practice Wrestling room</i> <i>3:45—5:30 pm</i> <i>Weight room 4:45-5:30pm</i> | <i>Feb 27</i> <i>Practice wrestling room 3:45–</i> <i>5:30 pm</i> | <i>Feb 28</i> <i>Practice wrestling room 3:45–</i> <i>5:30 pm</i> | <i>Feb 29</i> <i>State tournament</i> <i>Xcel</i> | <i>1 & 2</i> <i>State tournament</i> <i>Xcel</i> |
| 4 | 5 | 6 | 7 | 8 |
| <i>11 No school</i> | <i>12 No school</i> | <i>13 No school</i> | <i>14 No school</i> | <i>15 No school</i> |
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