

Pau-Wa-Lu Middle School Wrestling Season 2025 as of: 03/03/25

January

1	We	Winter Break
2	Th	
3	Fr	
4	Sa	
5	Su	
6	Mo	Practice Checklist Socks, Wrestling Shoes & Running Shoes Shorts, Shirt, Extra Shirt (just in case) Sweatshirt/Hoodie/Water Bottle POSITIVE MENTAL ATTITUDE
7	Tu	
8	We	
9	Th	
10	Fr	
11	Sa	
12	Su	
13	Mo	FIRST Practice 2:30PM-4:45PM Classroom
14	Tu	Practice 2:30PM-4:45PM - BIG GYM
15	We	Practice 2:30PM-4:45PM - Classroom
16	Th	Practice 2:30PM-4:45PM - Classroom
17	Fr	PD-DAY Practice 9AM-11AM-BIG GYM
18	Sa	
19	Su	
20	Mo	MLK Day NO PRACTICE
21	Tu	Practice 2:30PM-4:45PM - BIG GYM
22	We	Practice 2:30PM-4:45PM - Classroom
23	Th	Practice 2:30PM-4:45PM - Classroom
24	Fr	Practice 2:30PM-4:45PM - Classroom
25	Sa	
26	Su	
27	Mo	PLC Day Practice 1PM-3:15PM-BIG GYM
28	Tu	Practice 2:30PM-4:45PM - BIG GYM
29	We	Practice 2:30PM-4:45PM - Classroom
30	Th	Practice 2:30PM-4:45PM - Classroom
31	Fr	Practice 2:30PM-4:45PM - Classroom

February

1	Sa	
2	Su	
3	Mo	Burpee-a-thon 2:30PM-4:45PM - BIG GYM -adv.
4	Tu	Practice 2:30PM-4:45PM - BIG GYM
5	We	Practice 2:30PM-4:15PM* - Classroom *adv.
6	Th	Practice 2:30PM-4:45PM - Classroom
7	Fr	Practice 2:30PM-4:15PM* - Classroom *adv.
8	Sa	
9	Su	
10	Mo	PLC Day Practice 1PM-3:15PM - BIG GYM *adv
11	Tu	Practice 2:30PM-4:45PM - BIG GYM
12	We	Practice 2:30PM-4:15PM* - Classroom *adv.
13	Th	Practice 2:30PM-4:45PM - BIG GYM
14	Fr	Practice 2:30PM-4:45PM - BIG GYM
15	Sa	
16	Su	
17	Mo	President's Day NO PRACTICE
18	Tu	Practice 9AM-11AM - BIG GYM
19	We	Practice 11:45AM-1:45PM - BIG GYM *adv
20	Th	Practice 11:45AM-1:45PM - BIG GYM
21	Fr	Practice 9AM-11AM - BIG GYM *adv
22	Sa	Yerington Tournament
23	Su	
24	Mo	Practice 2:30PM-4:45PM - BIG GYM
25	Tu	Practice 2:30PM-4:45PM - BIG GYM
26	We	Practice 2:30PM-4:45PM - BIG GYM
27	Th	Practice 2:30PM-4:45PM - BIG GYM
28	Fr	Practice 2:30PM-4:45PM - BIG GYM
		  

March

1	Sa	Eagle Valley Tournament, Carson City, NV
2	Su	
3	Mo	PLC Day Practice 1PM - 3:15PM*
4	Tu	Practice 2:30PM-4:45PM - BIG GYM
5	We	Practice 2:30PM-4:45PM - BIG GYM*
6	Th	Practice 2:30PM-4:45PM - BIG GYM
7	Fr	Tah-Neva Qual set up @ Douglas HS
8	Sa	Tah-Neva Qualifier, Douglas HS @ 6:30AM
9	Su	
10	Mo	Practice 2:30PM-4:45PM - BIG GYM*
11	Tu	Practice 2:30PM-4:45PM - BIG GYM
12	We	Scramble Meet @ CVMS 4:00PM-6:00PM
13	Th	Practice 2:30PM-4:45PM - BIG GYM
14	Fr	Practice 2:30PM-4:45PM - BIG GYM*
15	Sa	
16	Su	
17	Mo	Practice 2:30PM-4:45PM - BIG GYM*
18	Tu	Practice 2:30PM-4:45PM - BIG GYM
19	We	Practice 2:30PM-4:45PM - BIG GYM*
20	Th	Practice 2:30PM-4:45PM - BIG GYM
21	Fr	Practice 2:30PM-4:45PM - BIG GYM*
22	Sa	Tah-Neva Championships - Lovelock, NV
23	Su	
24	Mo	PLC Day Practice 1PM - 3:15PM BIG GYM*
25	Tu	Practice 2:30PM-4:45PM - BIG GYM
26	We	Hometown Throwdown/Awards Banquet*
27	Th	Equipment Return @ 2:30 BIG GYM
28	Fr	Advanced Practice @ CVMS 4:30PM - 5:30PM
29	Sa	
30	Su	
		*adv = advanced 4:30PM - 5:30PM @ CVMS