LT Wrestling
NOVEMBER 2025

For more information on LT wrestling visit www.lths.net/wrestling

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10 First Day of Practice 3:30-6	11 Practice 3:30-6	12 Practice 3:30-6 Late Start Jr/Sr 7:30am Run/Lift	13 Practice 3:30-6	14 Practice 3:30-6	15 Pictures/Practice 8am 10:30 Parent meeting
16	17 Practice 3:30-6	18 Practice 3:30-6	19 Early Dismissal Practice 3:30-6pm Certification	20 Practice 3:30-6	21 Practice 3:30-6	22 Practice 9am Challenge Matches
23	24 Practice 3:30-6	25 Practice 3:30-6	26 **All Levels** **RB @Home** **Alumni Night**	27 Happy Thanksgiving No Practice	28 **V: Barrington Invite** F/S/JV: Practice 9am	29 **V: Barrington Invite** **JV: New Trier quad** **FA HC Invite** **Girls: Niles West Invite TBA ?**
30						

Contact your level coach if you will be absent at any time. Varsity: Coach Powell gpowell@lths.net Freshman: Coach Casella bcasella@lths.net Sophomore: Coach Mac Casella btcasella@lths.net Girls: Coach Depina ddepina@lths.net * **Tentative Schedule. All dates, times, and locations subject to change.**	Coach King: mking@lths.net Coach Puzzo: jpuzzo@lths.net Coach Zeman: tzeman@lths.net

LT Wrestling
DECEMBER 2025

For more information on LT wrestling visit www.lths.net/wrestling

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Practice 3:30-6	2 Practice 3:30-6	3 Practice 3:30-6 Late Start Jr/Sr 7:30am Run/Lift **Girls @ OPRF Tri**	4 **All Levels** **HC @Home**	5 **All Levels** **@Proviso West**	6 **V: @Sandburg Quad** **JV: @GBN Quad** **F: LT Invite**
7	8 Practice 3:30-6	9 Practice 3:30-6	10 Practice 3:30-6 Late Start Jr/Sr 7:30am Run/Lift **Girls @ LT Tri**	11 **All Levels** **GBW @Home**	12 Practice 3:30-6	13 **V: LT Duals @Home** **JV: Stevenson** **JV: at Willowbrook quad** **Fr: Deerfield Invite** **Girls: East Aurora Invite**
14	15 Practice 3:30-6 **Girls @ Leyden Tri**	16 Practice 3:30-6	17 Final Exams Practice 1:35pm	18 Final Exams Practice 1:35pm	19 Final Exams **V: HC Invite** **Girls: Lakes Invite** Practice 12:00	20 **V: @HC Invite** **JV: @Tinley Park Invite** **F/S: @Lincolnway Invite** **Gurrie Invite @LT**
21	22 Practice 9am	23 Practice 9am **Fr/Soph: Dekalb Invite** **JV: Dekalb Invite**	24 Practice 9am	25 OFF	26 OFF	27 **JV: Libertyville Invite** Practice 9am
28	29 Practice 9am **V: The Flavin @Dekalb**	30 Practice 9am **V: The Flavin @Dekalb**	31 Practice 9am			

Contact your level coach if you will be absent at any time. Varsity: Coach Powell gpowell@lths.net Freshman: Coach Casella bcasella@lths.net Sophomore: Coach Mac Casella btcasella@lths.net Girls: Coach Depina ddepina@lths.net *** Tentative Schedule. All dates, times, and locations subject to change.**	Coach King: mking@lths.net Coach Puzzo: jpuzzo@lths.net Coach Zeman: tzeman@lths.net

LT Wrestling
JANUARY 2026

For more information on LT wrestling visit www.lths.net/wrestling

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 OFF	2 Practice 9am **Girls: NC Invite**	3 **V: WWS Invite** Practice 9am
4	5 Institute Day Practice 3:30-6	6 Back to School Practice 3:30-6	7 Practice 3:30-6 Late Start Jr/Sr 7:30am Run/Lift **Girls @Willowbrook Tri**	8 **All Levels @York**	9 Practice 3:30-6	10 **V: Sycamore Invite** **JVI: Bolingbrook Invite** **FA: @Niles North Invite** **FB: @ LT (MV, PE, WN)** **Girls:@LT vs Marist TBA ?**
11	12 Practice 3:30-6	13 Practice 3:30-6	14 Practice 3:30-6 **Girls: Tri TBA**	15 **All Levels DGN @Home** **Senior Night**	16 **V: Illini Classic @LWC** **Girls: Batavia Invite**	17 **V: Illini Classic @LWC** **JV: @Oak Lawn Invite** **FA: @St. Pat's** **FB:@ Hillcrest**
18	19 No School Practice 9am	20 Practice 3:30-6	21 Practice 3:30-6 Late Start Jr/Sr 7:30am Run/Lift **Girls @ LT Tri**	22 Practice 3:30-6 **Girls: Schaumburg Invite**	23 **All Levels @OPRF**	24 **V: OPRF Invite** **S: @LT Invite** **JV: WSC Invite @GBW** **Girls: WSC Invite @ AT** **F: @ Dundee Crown Invite**
25	26 Practice 3:30-6	27 Practice 3:30-6	28 Early Dismissal Practice 3:30-6 **Girls @Hinsdale South Tri**	29 Practice 3:30-6	30 Practice 3:30-6	31 **IHSA Regional**

Contact your level coach if you will be absent at any time.

Varsity: Coach Powell gpowell@lths.net
Freshman: Coach Casella bcasella@lths.net
Sophomore: Coach Mac Casella btcasella@lths.net
Girls: Coach Depina ddepina@lths.net

*** Tentative Schedule. All dates, times, and locations subject to change.**

Coach King: mking@lths.net
Coach Puzzo: jpuzzo@lths.net
Coach Zeman: tzeman@lths.net

LT Wrestling

FEBRUARY 2026

For more information on LT wrestling visit www.lths.net/wrestling

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Practice 3:30-6	3 Practice 3:30-6	4 Practice 3:30-6	5 Practice 3:30-6	6 Practice 3:30-6 **Girls: IHSA Regional**	7 **V: Practice 9am** **Girls: IHSA Regional** **Lower Level Conference Meets TBA**
8	9 Practice 3:30-6	10 Practice 3:30-6	11 Practice 3:30-6	12 Practice 3:30-6	13 **V: IHSA Sectional** **Girls: IHSA Sectional**	14 **V: IHSA Sectional** **Girls: IHSA Sectional**
15	16 **No School** Practice 9am	17 Practice 3:30-6	18 Practice 3:30-6	19 **V: IHSA STATE @ U of I**	20 **V: IHSA STATE @ U of I**	21 **V: IHSA STATE @ U of I**
22	23 Practice 3:30-6	24 Practice 3:30-6	25 Practice 3:30-6	26 Practice 3:30-6	27 **Girls: IHSA State**	28 **Girls: IHSA State** **IESA Regional @LT**

Contact your level coach if you will be absent at any time.

Varsity: Coach Powell gpowell@lths.net
Freshman: Coach Casella bcasella@lths.net
Sophomore: Coach Mac Casella btcasella@lths.net
Girls: Coach Depina ddepina@lths.net

* **Tentative Schedule. All dates, times, and locations subject to change.**

Coach King: mking@lths.net
Coach Puzzo: jpuzzo@lths.net
Coach Zeman: tzeman@lths.net