

WRESTLING PRACTICE SCHEDULE

REGULAR SCHEDULES	DETAILS
PRACTICE SCHEDULE	Location: Wrestling Room
	Monday-Friday: 3:45-5:45 PM
CONDITIONING SCHEDULE	Location: Weight Room
	Mondays & Wednesdays: 6:30-7:30 AM

SPECIAL PRACTICE SCHEDULE DATES	DETAILS
11/10, 11/11, 12/22, 12/23, 12/24, 12/26, 12/29, 12/30, 12/31, 1/19, 2/16	Location: Wrestling Room
	Practice: 7:30-10:00 AM
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	Practice: 8:30-11:00 AM