LT Wrestling
NOVEMBER 2026

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Oct. 26 **First Day of Practice for the girls 3:30-6**	Oct. 27 Practice 3:30-6	Oct. 28 Practice 3:30-6	Oct. 29 Practice 3:30-6	Oct. 30 No School Practice 9am	Oct. 31 Practice 9am **10:30am Parent meeting for the girls team**
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	7 Practice 9am **Certification for the girls team**
8	9 **First Day of Practice for the boys 3:30-6**	10 Practice 3:30-6	11 Practice 3:30-6 **Girls: @DGS Tri**	12 Practice 3:30-6	13 Practice 3:30-6	14 Pictures/Practice 8am 10:30 Parent meeting boys team **Girls: East Aurora Invite**
15	16 Practice 3:30-6	17 Practice 3:30-6	18 Early Dismissal Practice 3:30-6pm Certification **Girls: @HS Tri**	19 Practice 3:30-6	20 Practice 3:30-6	21 Practice 9am Challenge Matches
22	23 Practice 3:30-6	24 **V: Barrington Invite** Practice 3:30-6	25 **V: Barrington Invite** Practice 9am	26 Happy Thanksgiving No Practice	27 **Practice 10am** **Media Day for Starting Varsity Boys and Girls Team**	28 **JV: New Trier quad** **FA HC Invite** **V: Practice 9am**
29	30 Practice 3:30-6					

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 Griffin King:
Coach Puzzo: jpuzzo@lths.net
Coach Cappetta: gcappetta@lths.net
Coach Hawes: mhawes@lths.net

LT Wrestling
DECEMBER 2026

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Practice 3:30-6	2 **All Levels** **OPRF @Home** **Girls @York Tri**	3 Practice 3:30-6	4 **All Levels** **RB @Home** **Alumni Night**	5 **V: @Sandburg Quad** **JV: @GBN Quad** **F: LT Invite**
6	7 Practice 3:30-6	8 Practice 3:30-6	9 Practice 3:30-6 **Girls @OPRF Tri**	10 **All Levels @GBW**	11 Practice 3:30-6	12 **V: LT Duals @Home** **JV: Stevenson** **Fr: Deerfield Invite** **Girls: Naperville Central Invite**
13	14 Practice 3:30-6 **Girls @ Lyons Tri**	15 Practice 3:30-6	16 Final Exams Practice 1:35pm	17 Final Exams Practice 1:35pm	18 Final Exams **V: HC Invite** **Girls: Lakes Invite** Practice 12:00	19 **V: @HC Invite** **JV: @Tinley Park Invite** **F/S: @Lincolnway Invite** **Gurrie Invite @LT**
20	21 Practice 9am	22 Practice 9am **Fr/Soph: Dekalb Invite** **JV: Dekalb Invite**	23 Practice 9am	24 OFF	25 OFF	26 Practice 10am
27	28 Practice 9am **V: The Flavin @Dekalb**	29 Practice 9am **V: The Flavin @Dekalb**	30 Practice 9am **JV: Libertyville Invite** **Girls:WWS Invite**	31 Practice 9am		

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Coach Griffin King:
Coach Puzzo: jpuzzo@lths.net
Coach Cappetta: qcappetta@lths.net
Coach Hawes: mhawes@lths.net

LT Wrestling
JANUARY 2027

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Practice 9am	2 **V: WWS Invite** Practice 9am
3	4 Institute Day Practice 3:30-6	5 Back to School Practice 3:30-6	6 Practice 3:30-6	7 **All Levels @DGN**	8 Practice 3:30-5pm **Girls: Marist @Home** **Girls Senior Night**	9 **V: Sycamore Invite** **JVI: Bolingbrook Invite** **FA: @Niles North Invite** **Girls: WSC Invite @Morton**
10	11 Practice 3:30-6	12 Practice 3:30-6	13 Practice 3:30-6	14	15 **V: Illini Classic @LWC**	16 **V: Illini Classic @LWC** **JV: @Oak Lawn Invite** **FA: @St. Pat's** **Girls: IHSA Regional**
17	18 No School Practice 9am	19 Practice 3:30-6	20 Practice 3:30-6	21 **All Levels @HC**	22 **All Levels PW @Home** **Girls: IHSA Sectional**	23 **V: OPRF Invite** **Girls: IHSA Sectional**
24	25 Practice 3:30-6	26 Practice 3:30-6	27 Early Dismissal Practice 3:30-6	28 Practice 3:30-6	29 **All Levels York @Home** **Senior Night** **Girls: IHSA State Meet**	30 **Girls: IHSA State Meet** **JV: WSC Invite TBA** **Fr: WSC Invite @DGS** **Soph: WSC Invite**
31						

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Coach Griffin King
Coach Puzzo: jpuzzo@lths.net
Coach Cappetta: qcappetta@lths.net
Coach Hawes: mhawes@lths.net

LT Wrestling
FEBRUARY 2027

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