

# Lucas Middle School Wrestling

## NOVEMBER 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11 Practice 3:30-5:30pm	12 Practice 9:00-11:00am
13 Stretch & jog on own	14 Practice 3:30-5:30pm	15 Practice 6:30-8:30pm	16 Practice 3:30-5:30pm	17 Team Pictures 3:45pm Practice 3:30-5:30pm	18 Practice 9:00-11:00am	19 Practice 9:00-11:00am
20 Stretch & jog on own	21 Practice 3:30-5:30pm	22 Scrimmage @ East Knox Bus leaves at 12:30pm	23 Practice 6:30-8:30pm	24 Happy Thanksgiving!	25 Practice 6:30-8:30pm	26 Practice 9:00-11:00am
27 Stretch & jog on own	28 Practice 3:30-5:30pm	29 Practice 3:30-5:30pm Youth 5:30-7:00pm	30 Practice 3:30-5:30pm			

# Lucas Middle School Wrestling

## DECEMBER 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
				1 Practice 3:30-5:30pm Youth 5:30-7:00pm	2 Practice 3:30-5:30pm	3 @ Crestview Invite 10:00am
4 Stretch & jog on own	5 Practice 4:00-6:00pm	6 Practice 3:30-5:30pm Youth 5:30-7:00pm	7 Practice 3:30-5:30pm	8 Practice in HS Gym 3:30-5:30pm Youth 5:30-7:00pm	9 Practice 3:30-5:30pm	10 @ Willard Invite 9:00am
11 Stretch & jog on own	12 Practice 3:30-5:30pm	13 Practice 6:30-8:30pm Youth 5:30-7:00pm	14 Practice 3:30-5:30pm	15 Practice 3:30-5:30pm Youth 5:30-7:00pm	16 @ Black River Invite 4:30pm	17 <b>No Practice</b> Stretch & jog on own
18 Stretch & jog on own	19 Practice 3:30-5:30pm	20 Practice 3:30-5:30pm Youth 5:30-7:00pm	21 Practice 3:30-5:30pm	22 Practice 3:30-5:30pm Youth 5:30-7:00pm	23 Practice 9:00-11:00am	24 <b>No Practice</b> Stretch & jog on own
25 Merry Christmas!	26 Practice 9:00-11:00am Youth 11:00am- 12:30pm	27 Practice 9:00-11:00am	28 Practice 9:00-11:00am Youth 11:00am- 12:30pm	29 @ Arcadia w/Carey 5:00pm	30 Practice 9:00-11:00am	31 <b>No Practice</b> Stretch & jog on own

# Lucas Middle School Wrestling

## JANUARY 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Happy New Year! Stretch & jog on own	2 Practice 9:00-11:00am	3 Practice 3:30-5:30pm Youth 5:30-7:00pm	4 Practice 3:30-5:30pm	5 Practice 3:30-5:30pm Youth 5:30-7:00pm	6 Practice 3:30-5:30pm	7 @ South Central In- vite 9:00am
8 Stretch & jog on own	9 Practice 4:00-6:00pm	10 Practice 3:30-5:30pm Youth 5:30-7:00pm	11 Practice 3:30-5:30pm	12 Practice 3:30-5:30pm Youth 5:30-7:00pm	13 Practice 3:30-5:30pm	14 @ New London In- vite 9:00am
15 Stretch & jog on own	16 Practice 6:30-8:30pm	17 Practice 3:30-5:30pm Youth 5:30-7:00pm	18 Practice 3:30-5:30pm	19 Practice 3:30-5:30pm Youth 5:30-7:00pm	20 Practice 3:30-5:30pm	21 @ Cardington- Lincoln Invite 10:00am
22 Stretch & jog on own	23 Practice 3:30-5:30pm	24 Practice 3:30-5:30pm Youth 5:30-7:00pm	25 Practice 3:30-5:30pm	26 @ South Central w/ Galion 6:00pm	27 Practice 3:30-5:30pm	28 <i>No Practice</i> Stretch & jog on own
29 Stretch & jog on own	30 Practice 3:30-5:30pm	31 Practice 3:30-5:30pm Youth 5:30-7:00pm				

# Lucas Middle School Wrestling

## FEBRUARY 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Practice 3:30-5:30pm	2 Practice 3:30-5:30pm Youth 5:30-7:00pm	3 Practice 3:30-5:30pm	4 No Practice Stretch & jog on own
5	6 Practice 4:00-6:00pm	7 Practice 3:30-5:30pm Youth 5:30-7:00pm	8 Practice 3:30-5:30pm	9 Practice 3:30-5:30pm Youth 5:30-7:00pm	10 Practice 3:30-5:30pm	11 No Practice Stretch & jog on own
12	13 Practice 3:30-5:30pm	14 Practice 3:30-5:30pm Youth 5:30-7:00pm	15 Practice 3:30-5:30pm	16 Practice 3:30-5:30pm Youth 5:30-7:00pm	17 Practice 3:30-5:30pm	18 @ MBC at Loudonville 10am
19	20	21 Equipment Turn-In 3:30pm-3:45pm MS Room #201	22	23	24	25
26	27	28				