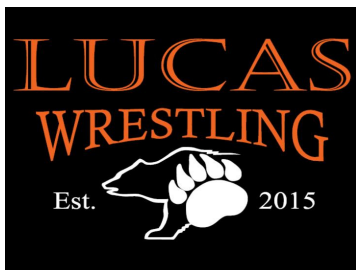


# Lucas Middle School Wrestling

## NOVEMBER 2017

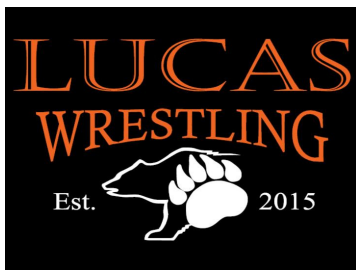
| Sun  | Mon                           | Tue  | Wed   | Thu  | Fri                                     | Sat                            |
|--|-------------------------------|--|---|--|---|--------------------------------|
| 29<br>Open Mats<br>2:00-4:00pm<br>At The Ulery's | 30                            | 31   | 1<br>Open Mats<br>6:00-8:00pm<br>At The Ulery's | 2  | 3                                       | 4                              |
| 5<br>Open Mats<br>2:00-4:00pm<br>At The Ulery's  | 6                             | 7  | 8<br>Open Mats<br>6:00-8:00pm<br>At The Ulery's | 9  | 10 NO SCHOOL<br>Practice<br>4:00-6:00pm | 11<br>Practice<br>9:00-11:00am |
| 12<br>Stretch & jog on own                       | 13<br>Practice<br>6:00-8:00pm | 14<br>Practice<br>6:00-8:00pm                      | 15<br>Practice<br>3:30-5:30pm                   | 16<br>Practice<br>3:30-5:30pm<br>Team Pictures<br>3:45pm | 17<br>Practice<br>3:30-5:30pm           | 18<br>Practice<br>9:00-11:00am |
| 19<br>Stretch & jog on own                       | 20<br>Practice<br>3:30-5:30pm | 21<br>Scrimmage vs. East<br>Knox<br>3:30pm-5:30pm  | 22<br>Practice<br>9:00-11:00am                  | 23<br>Happy<br>Thanksgiving!                             | 24<br>Practice<br>9:00-11:00am          | 25<br>Practice<br>9:00-11:00am |
| 26<br>Stretch & jog on own                       | 27<br>Practice<br>3:30-5:30pm | 28<br>Practice<br>3:30-5:30pm<br>Youth 5:30-6:30pm | 29<br>Practice<br>3:30-5:30pm                   | 30<br>Practice<br>3:30-5:30pm<br>Youth 5:30-6:30pm       |   |                                |



# Lucas Middle School Wrestling

## DECEMBER 2017

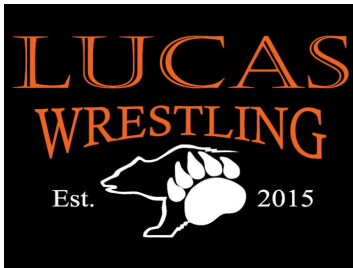
| Sun                        | Mon                           | Tue  | Wed                           | Thu   | Fri                                  | Sat  |
|----------------------------|-------------------------------|--|-------------------------------|---|--------------------------------------|--|
|                            |                               |  |                               |   | 1<br>Practice<br>3:30-5:30pm         | 2<br>@ Crestview<br>Invite 10:00am               |
| 3<br>Stretch & jog on own  | 4<br>Practice<br>4:00-6:00pm  | 5<br>Practice<br>3:30-5:30pm<br>Youth 5:30-6:30pm  | 6<br>Practice<br>3:30-5:30pm  | 7<br>Arcadia & Danville<br>6:00pm<br>Report to cafeteria<br>after school. | 8<br>Practice<br>3:30-5:30pm         | 9<br><i>No Practice</i><br>Stretch & jog on own  |
| 10<br>Stretch & jog on own | 11<br>Practice<br>3:30-5:30pm | 12<br>Practice<br>3:30-5:30pm<br>Youth 5:30-6:30pm | 13<br>Practice<br>3:30-5:30pm | 14<br>Practice<br>3:30-5:30pm<br>Youth 5:30-6:30pm                        | 15<br>@ Black River<br>Invite 4:30pm | 16<br><i>No Practice</i><br>Stretch & jog on own |
| 17<br>Stretch & jog on own | 18<br>Practice<br>3:30-5:30pm | 19<br>Practice<br>3:30-5:30pm<br>Youth 5:30-6:30pm | 20<br>Practice<br>3:30-5:30pm | 21<br>Practice<br>3:30-5:30pm<br>Youth 5:30-6:30pm                        | 22<br>Practice<br>3:30-5:30pm        | 23<br>Practice<br>9:00-11:00am                   |
| 24<br>Stretch & jog on own | 25<br><i>Merry Christmas!</i> | 26<br>Practice<br>6:00-8:00pm                      | 27<br>Practice<br>6:00-8:00pm | 28<br>Report at 10:00am to<br>work HS Tournament                          | 29<br>Practice<br>9:00-11:00am       | 30<br>@ Loudonville<br>Invite 9:30am             |



# Lucas Middle School Wrestling

## JANUARY 2018

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



# Lucas Middle School Wrestling

# FEBRUARY 2018

| Sun  | Mon | Tue | Wed | Thu | Fri   | Sat   |
|--|-----|-----|-----|-----|---|---|
|  |     |     |     | 1   | 2<br>Equipment Turn-In<br>3:30pm-3:45pm<br>MS Room #201 | 3   |
| 4  | 5   | 6   | 7   | 8   | 9   | 10  |
| 11 OAC Districts<br>Harrison<br>Norwalk<br>Olentangy<br>Steubenville         | 12  | 13  | 14  | 15  | 16  | 17  |
| 18 OAC Districts<br>Brecksville<br>Butler<br>Nelsonville-York<br>Oregon Clay | 19  | 20  | 21  | 22  | 23<br>High School<br>Sectionals<br>@ Plymouth           | 24<br>High School<br>Sectionals<br>@ Plymouth   |
| 25   | 26  | 27  | 28  | 1   | 2<br>High School<br>Districts @<br>Toledo Waite         | 3<br>High School<br>Districts @<br>Toledo Waite |