



# November 2019



Sun

Mon

Tue

Wed

Thu

Fri

Sat



<p>17</p>	<p>18 <b>First Day of Practice</b> <i>S/H or Organize</i> 2:45 - 400 <i>Practice 4:00 - 6:30</i></p>	<p>19 <b>Early Practice</b> 3:00 - 5:30</p>	<p>20 <i>W/R 2:45 - 400</i> <i>Practice 4:15 - 6:30</i></p>	<p>21 <i>S/H 2:45 - 400</i> <i>Practice 4:15 - 6:30</i></p>	<p>22 <i>W/R 2:45 - 400</i> <i>Practice 4:15 - 6:30</i></p>	<p>23 <i>Practice all level</i> <i>10:00am - 12:30pm</i></p>
<p>24</p>	<p>25 630-730 am Mandatory technique practice 1hr <i>S/H 2:45 - 400</i> <i>Practice 4:15 - 6:30</i> <i>Weight Certification</i></p>	<p>26 <i>W/R 2:45 - 400</i> <i>Practice 4:15 - 5:45</i> <i>Parent Meeting</i> <i>6:30 in H.S. Media</i></p>	<p>27 <i>W/R 2:45 - 400</i> <i>Practice 4:15 - 6:30</i></p>	<p>28 <b>NO PRACTICE</b>  <i>Happy Thanksgiving</i> <i>Work out on your own</i></p>	<p>29 <b>NO SCHOOL</b>  <i>Practice all level</i> <i>5:00-7:00pm</i></p>	<p>30 <b>Raider Duals</b> <b>JV / Varsity</b> <b>@Hastings H.S.</b> <b>9:30 am start</b> <b>6am bus departs</b></p>

# December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 630-730 am Mandatory technique practice 1hr  <i>S/H 2:45 - 400</i> <i>Practice 4:15 - 6:30</i>	3 <i>Early Practice</i> 3:00 - 5:30	4 <i>W/R 2:45 - 400</i> <i>Practice 4:15 - 6:30</i>	5 <i>@ Mounds View</i> Bus 3:15 Weigh-in 4:30 pm JV—5:30pm V 7:00	6 <i>W/R 2:45 - 400</i> <i>Practice 4:15 - 6:30</i>	7 <i>JV/Varsity</i> <i>@ STMA Ind.</i> <i>Tournament 10a.m.</i> <i>Bus 6:15a.m.</i>
8	9 630-730 am Mandatory technique practice 1hr  <i>S/H 2:45 - 400</i> <i>Practice 4:15 - 6:30</i>	10 <i>Early Practice</i> 3:00 - 5:30	11 <i>W/R 2:45 - 400</i> <i>Practice 4:15 - 6:30</i>	12 <i>@FLHS</i> <i>Roseville</i> <i>Weigh ins 430</i> <i>JV 5:30 V7:00</i>	13 <i>W/R 2:45 - 400</i> <i>Practice 4:15 - 6:30</i>	14 <i>Conference Junior High</i> <i>wrestling Meet @ FLHS</i> <i>ALL CALL 6:00am</i> <i>Wrestling Begins @9am</i>
15	16 630-730 am Mandatory technique practice 1hr  <i>S/H 2:45 - 400</i> <i>Practice 4:15 - 6:30</i>	17 <i>Early Practice</i> 3:00 - 5:30	18 <i>W/R 2:45 - 400</i> <i>Practice 4:15 - 6:30</i>	19 <i>@ Woodbury</i> Bus 3:15 Weigh-in 4:30 pm JV—5:30pm V 7:00	20 <i>Christmas Tournament</i> <i>V/only workout 7am vans</i> <i>leave @ 9am</i> <i>2:00pm @ Rochester CC</i>	21 <i>Christmas Tournament</i> <i>V/only 9am @Rochester</i> <i>CC</i> <i>(non varsity)</i> <i>@ ANOKA 9am 6:30 bus</i>
22	23 <i>No School</i> <i>Practice all levels</i> <i>8am to 1030pm</i>	24 <i>No Practice</i> <i>Run for weight Man-</i> <i>agement</i>	25 <i>No Practice Christ-</i> <i>mas. Run in the Morn-</i> <i>ing</i>	26 <i>No school</i> <i>Practice all levels</i> <i>4pm to 6:30</i>	27 <i>No School</i> <i>Practice all levels</i> <i>8am to 1030pm</i>	28 <i>Team Activity</i>
29	30 <i>No School</i> <i>Run for weight Man-</i> <i>agement</i>	31 <i>No School</i> <i>Practice all levels</i> <i>8am to 1030pm</i>				

# January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 New Years Day No School Practice all levels 4:00pm to 6:00pm	2 @FLHS Irondale Weigh ins 430 JV 5:30 V7:00	3 Clash National Wrestling Duals Rochester CC	4 Clash National Wrestling Duals Rochester CC
5	6 630-730 am Mandatory technique practice 1hr  S/H 2:45 - 400 Practice 4:15 - 6:30	7 Early Practice 3:00 - 5:30	8 W/R 2:45 - 400 Practice 4:15 - 6:30	9 @ White Bear Lake Bus 3:15 Weigh-in 4:30 pm JV-5:30pm V 7:00	10 W/R 2:45 - 400 Practice 4:15 - 6:30	11 FLWC youth Tournament set up 6am Practice and breakfast will follow set up. Working all day
12	13 630-730 am Mandatory technique practice 1hr  Practice 3:00 - 5:30	14 Practice 3:00 - 5:30	15 W/R 2:45 - 400 Practice 4:15 - 6:30	16 @ Cretin-Derham Hall Bus 3:00 Weigh-in 4:30 pm JV-5:30pm V 7:00	17 W/R 2:45 - 400 Practice 4:15 - 6:30	18 Team Tournament @ Cambridge H.S. bus departs 6:15 a.m. Wrestling Starts 9am
19	20 630-730 am Mandatory technique practice 1hr  Practice 3:00 - 5:30	21 Practice 3:00 - 5:30	22 W/R 2:45 - 400 Practice 4:15 - 6:30	23 Tri @ FLHS Vs. Stillwater & Bemidji 4pm weigh in 5pm	24 W/R 2:45 - 400 Practice 4:15 - 6:30	25 Kasson Mantorville Bus 530am 7:45 Weigh in Wrestling starts 10am
26	27 630-730 am Mandatory technique practice 1hr  Practice 3:00 - 5:30	28 Practice 3:00 - 5:30	29 W/R 2:45 - 400 Practice 4:15 - 6:30	30 @ Park Bus 3:00 Weigh-in 4:30 pm JV-5:30pm V 7:00	31 W/R 2:45 - 400 Practice 4:15 - 6:30	

# February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Team Tournament @ Bus 6:15 Cretin high school 9am
2	3 630-730 am Mandatory technique practice 1hr  Practice 3:00 - 5:30	4 Practice 3:00 - 5:30	5 W/R 2:45 - 400 Practice 4:15 - 6:30	6 @FLHS East Ridge Weigh ins 430 JV 5:30 V7:00	7 W/R 2:45 - 400 Practice 4:15 - 6:30	8 JV conference Tour- nament @ TBD
9	10 630-730 am Mandatory technique practice 1hr  Practice 3:00 - 5:30	11 Practice 3:00 - 5:30	12 Practice 3:00 - 5:30	13 Practice 3:00 - 5:30	14 7AAA Section Team Championships @ Andover HS 1130 bus 2pm Wrestling	15
16	17 630-730 am Mandatory technique practice 1hr  Practice 3:00 - 5:30	18 Practice 3:00 - 5:30	19 Practice 3:00 - 5:30	20 Practice 3:00 - 5:30	21 7AAA Section Indi- vidual Championships @ Cambridge HS 4pm Wrestling	22 7AAA Section Indi- vidual Championships @ Cambridge HS
23	24 630-730 am Mandatory technique practice 1hr  Practice 3:00 - 5:30	25 Practice 3:00 - 5:30	26 Practice 3:00 - 5:30	27 MSHSL State Tournament TBD	28 MSHSL State Tournament TBD	29 MSHSL State Tournament TBD