

November 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
Open Mats 3-4						
6	7	8	9	10	11	12
Open Mats 3-4						
13	14	15	16	17	18	19
	1st day of Practice 4:00-5:30	Practice 3:30-5:30 Hydration/fat testing	Practice 4:00-5:30	Practice 3:30-5:30 Hydration/fat testing	Practice 3:30-4:45	
20	21	22	23	24	25	26
	Practice 4:00-5:30	Practice/ Scrmage at CUW 3:30-6:00	Practice 6-7 AM	Thanksgiving	No Practice	
27	28	29	30	1	2	3
Practice (Optional) 4-5	Practice 4:00-5:30 Wrestle Offs (IF needed)	Practice 3:45-5:15 Wrestle Offs (If needed)	Dual @Whitnall	Practice 3:45-5:30	Practice 3:30-4:45	Campbellsport Invite
4	5	NOTES				