

# Seven Lakes Wrestling 2023-24 Training and Competition Schedule

<u>Sunday</u> 13-Aug	<u>Monday</u> 14-Aug	<u>Tuesday</u> 15-Aug	<u>Wednesday</u> 16-Aug	<u>Thursday</u> 17-Aug	<u>Friday</u> 18-Aug	<u>Saturday</u> 19-Aug
First Week of School. 5th Period Workouts Begin. Room Closed After School	No School	No School	Classes Resume - Wrestler's Handbook - No Workouts	5th - Mat	5th - Mat	
				7th - No Workouts / Wrestler's Handbook	7th - No Workouts / Wrestler's Handbook	
				Room Closed After School	Room Closed After School	
20-Aug	21-Aug	22-Aug	23-Aug	24-Aug	25-Aug	26-Aug
11 Weeks to the Start of the Season. 7th Period Workouts Begin. Room Closed After School	5th - Mat	5th - Mat Circuit	5th - Mat	5th - Mat	5th - Mat	
	7th - Mat	7th - Mat	7th - Mat	7th - Mat	7th - Mat	
	Room Closed After School	Room Closed After School	Room Closed After School	Room Closed After School	Room Closed After School	
27-Aug	28-Aug	29-Aug	30-Aug	31-Aug	1-Sep	2-Sep
10 Weeks to the Start of the Season. Open Mats Start For All. 5 Weeks to Hydration Testing.	5th - Tube Lift A	5th - Mat	5th - Mat	5th - Mat	5th - Mat Circuit	
	7th - Mat	7th - Mat	7th - Mat	7th - Mat	7th - Mat	
	Room Closed After School	Room Closed After School	Room Closed After School	Room Closed After School	Room Closed After School	

V = Varsity, JV = Junior Varsity, G = Girls Most Weekday Events Begin at 5:00pm. Most Saturday Events Begin at 9:00am See Rankonesport for details.

# Seven Lakes Wrestling 2023-24 Training and Competition Schedule

<u>Sunday</u> 3-Sep	<u>Monday</u> 4-Sep	<u>Tuesday</u> 5-Sep	<u>Wednesday</u> 6-Sep	<u>Thursday</u> 7-Sep	<u>Friday</u> 8-Sep	<u>Saturday</u> 9-Sep
9 Weeks to the Start of the Season. 4 Weeks to Hydration Testing.	No School - Off	5th - Mat	5th - A Lift	5th - Mat	5th - B Lift	
		7th - Mat	7th - Mat	7th - Mat	7th - Mat	
		Open Mat 2:35-4:00pm	Open Mat 2:35-4:00pm Mat Chat	Open Mat 2:35-4:00pm	Room Closed After School	
10-Sep	11-Sep	12-Sep	13-Sep	14-Sep	15-Sep	16-Sep
8 Weeks to the Start of the Season. 3 Weeks to Hydration Testing.	5th - Mat	5th - Mat	5th - B Lift	5th - Mat	5th - A Lift	
	7th - Mat	7th - Mat	7th - Mat	7th - Mat	7th - Mat	
	Orange A Lift / Open Mat 2:35-4:00pm	Open Mat 2:35-4:00pm	Room Open By Appointment Only	Open Mat 2:35-4:00pm	Room Closed After School	
17-Sep	18-Sep	19-Sep	20-Sep	21-Sep	22-Sep	23-Sep
7 Weeks to the Start of the Season. 2 Weeks to Hydration Testing.	5th - Mat	5th - Mat	5th - Tube Lift B	5th - Mat	No School - Teacher Inservice	
	7th - Mat	7th - Mat	7th - Mat	7th - Mat		
	Orange B Lift / Open Mat 2:35-4:00pm	Open Mat 2:35-4:00pm	Room Open By Appointment Only Mat Chat	Room Closed After School		

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# Seven Lakes Wrestling 2023-24 Training and Competition Schedule

<u>Sunday</u> 24-Sep	<u>Monday</u> 25-Sep	<u>Tuesday</u> 26-Sep	<u>Wednesday</u> 27-Sep	<u>Thursday</u> 28-Sep	<u>Friday</u> 29-Sep	<u>Saturday</u> 30-Sep
6 Weeks to the Start of the Season. 1 Week to Hydration Testing.	5th - Mat	5th - Mat	5th - D Lift	5th - Mat	5th - E Lift	
	7th - Mat	7th - Mat	7th - Mat	7th - Mat	7th - Mat	
	Orange C Lift / Open Mat 2:35-4:00pm	Open Mat 2:35-4:00pm	Room Open By Appointment Only	Open Mat 2:35-4:00pm	Room Closed After School	
1-Oct	2-Oct	3-Oct	4-Oct	5-Oct	6-Oct	7-Oct
5 Weeks to the Start of the Season. Hydration Testing Week.	5th - Mat	5th - Mat	No workout / Wrestler's Handbook	5th - Mat	5th - D Lift	
	7th - Mat	7th - Mat	No workout / Wrestler's Handbook	7th - Mat	7th - Mat	
	Orange C Lift / Open Mat 2:35-4:00pm	Open Mat 2:35-4:00pm	Hydration Testing @ Legacy	Open Mat 2:35-4:00pm	Room Closed After School	
8-Oct	9-Oct	10-Oct	11-Oct	12-Oct	13-Oct	14-Oct
4 Weeks to the Start of the Season	No School - Off	5th - Mat	5th - E Lift	5th - Mat	5th - C Lift	
		7th - Mat	7th - Mat	7th - Mat	7th - Mat	
		Open Mat 2:35-4:00pm	Open Mat 2:35-4:00pm	Open Mat 2:35-4:00pm	Room Closed After School	

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<u>Sunday</u> 15-Oct	<u>Monday</u> 16-Oct	<u>Tuesday</u> 17-Oct	<u>Wednesday</u> 18-Oct	<u>Thursday</u> 19-Oct	<u>Friday</u> 20-Oct	<u>Saturday</u> 21-Oct
3 Weeks to the Start of the Season	5th - Mat	5th - Mat	5th - E Lift	5th - Mat	5th - Mat Circuit	
	7th - Mat	7th - Mat	7th - Mat	7th - Mat	7th - Mat	
	Orange D Lift / Open Mat 2:35-4:00pm	Open Mat 2:35-4:00pm	Room Open By Appointment Only Mandatory Parent Meeting @6:00pm In SLHS Library / Optional Mat Chat	Open Mat 2:35-4:00pm	Room Closed After School	
22-Oct	23-Oct	24-Oct	25-Oct	26-Oct	27-Oct	28-Oct
2 Weeks to the Start of the Season	5th - Mat	5th - Mat	5th - Mat	5th - Mat	5th - Mat	Pot Luck / Tailgate @ back athletic parking lot 3:00-6:00pm
	7th - Mat	7th - Mat	7th - Mat	7th - Mat	7th - Mat	
	Navy Practice 3:00-4:15 Team Meeting 3:30-3:45 Orange Practice 3:30-5:30 Lift Day	Navy Practice 3:00-4:15 Orange Practice 3:30-5:30	Navy Practice 3:00-4:15 Orange Practice 3:30-5:30 Lift Day	Navy Practice 3:00-4:15 Orange Practice 3:30-5:30	Navy Practice 3:00-4:15 Orange Practice 3:30-5:30 Lift Day	
29-Oct	30-Oct	31-Oct	1-Nov	2-Nov	3-Nov	4-Nov
1 Week to the Start of the Season	5th - Mat	5th - Mat	5th - Mat	5th - Mat	No School - Teacher Inservice	
	7th - Mat	7th - Mat	7th - Mat	7th - Mat		
	Navy Practice 3:00-4:15 Team Meeting 3:30-3:45 Orange Practice 3:30-5:30 Lift Day	Navy Practice 3:00-4:15 Orange Practice 3:30-5:30	Navy Practice 3:00-4:15 Orange Practice 3:30-5:30 Lift Day	<u>Challenge Matches</u> Warm Up 3:00-3:15 Matches Begin at 3:30 Navy Dismissed at 4:15		

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# Seven Lakes Wrestling 2023-24 Training and Competition Schedule

<u>Sunday</u> 5-Nov	<u>Monday</u> 6-Nov	<u>Tuesday</u> 7-Nov	<u>Wednesday</u> 8-Nov	<u>Thursday</u> 9-Nov	<u>Friday</u> 10-Nov	<u>Saturday</u> 11-Nov
6 Weeks to Mid-Season Break	5th - Mat	5th - Mat	Bridgeland @ Bridgeland V, G, JV	5th - Mat	5th - Mat	Knights Invitational @ Clear Falls V, G, JV
	7th - Mat	7th - Mat		7th - Mat	7th - Mat	
	Navy Practice 3:00-4:15 Team Meeting 3:30-3:45 Orange Practice 3:30-5:30 Lift Day	Navy Practice 3:00-4:15 Orange Practice 3:30-5:30		Navy Practice 3:00-4:15 Orange Practice 3:30-5:30 Lift Day	Navy Practice 3:00-4:15 Orange Practice 3:30-5:30	
12-Nov	13-Nov	14-Nov	15-Nov	16-Nov	17-Nov	18-Nov
5 Weeks to Mid-Season Break	5th - Mat	5th - Mat	Cy Falls @ SLHS V, G, JV	5th - Mat	5th - Mat	The Paetow Thanksgiving Give Back @ Paetow V, G, JV
	7th - Mat	7th - Mat		7th - Mat	7th - Mat	
	Navy Practice 3:00-4:15 Team Meeting 3:30-3:45 Orange Practice 3:30-5:30 Lift Day	Navy Practice 3:00-4:15 Orange Practice 3:30-5:30		Navy Practice 3:00-4:15 Orange Practice 3:30-5:30 Lift Day	Navy Practice 3:00-4:15 Orange Practice 3:30-5:30	
19-Nov	20-Nov	21-Nov	22-Nov	23-Nov	24-Nov	25-Nov
4 Weeks to Mid-Season Break	No School	No School	No School - Off	No School - Off	No School - Off	No School - Off
	Team Meeting 8:45-9:00am Navy Practice 9:00-10:30 Orange Practice 9:00-12:00am.	Taylor, Foster, and Klein @ SLHS V, G, JV				

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# Seven Lakes Wrestling 2023-24 Training and Competition Schedule

<u>Sunday</u> 26-Nov	<u>Monday</u> 27-Nov	<u>Tuesday</u> 28-Nov	<u>Wednesday</u> 29-Nov	<u>Thursday</u> 30-Nov	<u>Friday</u> 1-Dec	<u>Saturday</u> 2-Dec
3 Weeks to Mid-Season Break	5th - Mat	5th - Mat	Kingwood @ SLHS V, G, JV	5th - Mat	5th - Mat	Maverick Stampede @ Morton Ranch V, G, JVB, JVG
	7th - Mat	7th - Mat		7th - Mat	7th - Mat	
	Navy Practice 3:00-4:15 Team Meeting 3:30-3:45 Orange Practice 3:30-5:30 Lift Day	Navy Practice 3:00-4:15 Orange Practice 3:30-5:30 Mat Chat @6:30		Navy Practice 3:00-4:15 Orange Practice 3:30-5:30	Maverick Stampede @ Morton Ranch V & G All Others Practice 3:00-4:00	
3-Dec	4-Dec	5-Dec	6-Dec	7-Dec	8-Dec	9-Dec
2 Weeks to Mid-Season Break	5th - Mat	5th - Mat	Grand Oaks @ SLHS V, G, JV	5th - Mat	War Games @ Frisco Memorial JV (day) Duals @ TBA V & G (evening)	War Games @ Memorial V & G
	7th - Mat	7th - Mat		7th - Mat		
	Navy Practice 3:00-4:15 Team Meeting 3:30-3:45 Orange Practice 3:30-5:30 Lift Day	Navy Practice 3:00-4:15 Orange Practice 3:30-5:30		Navy Practice 3:00-4:15 Orange Practice 3:30-5:30 Lift Day Bus to Frisco Leaves @6:30pm		
10-Dec	11-Dec	12-Dec	13-Dec	14-Dec	15-Dec	16-Dec
1 Week to Mid-Season Break	Athletic Period Workouts TBA Finals Week	Athletic Period Workouts TBA Finals Week	Athletic Period Workouts TBA Finals Week	Athletic Period Workouts TBA Finals Week	Athletic Period Workouts TBA Finals Week	Old School Tourney @ Morton Ranch V, JV, G, JVG
	Team Meeting 2:45-3:00 Navy Practice 3:00-3:45 Orange Practice 3:00-4:30 Lift Day	No Practice / Exam Prep Day	Navy Practice 2:45-3:30 Orange Practice 3:15-4:45 Lift Day	Navy Practice 2:45-3:30 Orange Practice 3:15-4:45	Rumble in the Rotunda against Cy Woods @ SLHS Main Rotunda	

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<u>Sunday</u> 17-Dec	<u>Monday</u> 18-Dec	<u>Tuesday</u> 19-Dec	<u>Wednesday</u> 20-Dec	<u>Thursday</u> 21-Dec	<u>Friday</u> 22-Dec	<u>Saturday</u> 23-Dec
Break	No School - Off	No School - Off	No School - Off	No School - Off	No School - Off	Off
24-Dec	25-Dec	26-Dec	27-Dec	28-Dec	29-Dec	30-Dec
5 Weeks to Post Season	No School - Off	No School - Off	No School	No School	No School	No Navy Practice (unless involved in varsity wrestle offs) <b>Orange Practice</b> 9:00-12:00 <b>2nd Semester Wrestle Off Finals</b>
			<b>Optional Open Mat</b> 10:00-12:00	Team Meeting 8:45-9:00am <b>Navy Practice</b> 9:00-10:30 <b>Orange Practice</b> 9:00-12:00 <b>Lifting Day</b>	<b>Navy Practice</b> 9:00-10:30 <b>Orange Practice</b> 9:00-12:00	
31-Dec	1-Jan	2-Jan	3-Jan	4-Jan	5-Jan	6-Jan
4 Weeks to Post Season	No School	No School	5th - Mat	5th - Mat	<b>Cy Fair Invitational at The Berry Center V &amp; G</b>	<b>Cy Fair Invitational at The Berry Center V &amp; G</b>
	No Practice	Team Meeting 8:45-9:00am <b>All Practice</b> 9:00-12:00 <b>Weight Lifting Day</b>	7th - Mat  Navy Practice 3:15-4:45 <b>Orange Practice</b> 3:15-5:00 Weight Lifting Day <b>Mat Chat</b>	7th - Mat  Navy Practice 3:00-4:00 <b>Orange Practice</b> 3:30-5:15		

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# Seven Lakes Wrestling 2023-24 Training and Competition Schedule

<u>Sunday</u> 7-Jan	<u>Monday</u> 8-Jan	<u>Tuesday</u> 9-Jan	<u>Wednesday</u> 10-Jan	<u>Thursday</u> 11-Jan	<u>Friday</u> 12-Jan	<u>Saturday</u> 13-Jan
3 Weeks to Post Season	5th - Mat	5th - Mat	Katy ISD Duals V & G, JV? @ LMC	5th - Mat	5th - Mat	Spartan Hall of Fame Invitational at Seven Lakes V, JV, G, JVG
	7th - Mat	7th - Mat		7th - Mat	7th - Mat	
	Navy Practice 3:00-4:00 Team Meeting 3:30-3:45 Orange Practice 3:30-5:15 Lifting Day	Navy Practice 3:00-4:00 Orange Practice 3:30-5:15		Navy Practice 3:00-4:00 Orange Practice 3:30-5:15 Lifting Day	Orange Practice 6:00-7:30pm (Navy Optional) Gym Set Up After Practice	
14-Jan	15-Jan	16-Jan	17-Jan	18-Jan	19-Jan	20-Jan
2 Weeks to Post Season	No School	5th - Mat	Taylor @ SLHS V, G, JV (Senior Night)	5th - Mat	5th - Mat	Clash on the Coast (Duals) @ Clear Falls V, G. & JV
	Team Meeting 8:45-9:00am Navy Practice 9:00-10:30 Orange Practice 9:00-12:00 Lifting Day	7th - Mat		7th - Mat	7th - Mat	
		Navy Practice 3:00-4:00 Orange Practice 3:30-5:15		Navy Practice 3:00-4:00 Orange Practice 3:30-5:15 Lifting Day	Navy Practice 3:00-4:00 Orange Practice 3:30-5:15	
21-Jan	22-Jan	23-Jan	24-Jan	25-Jan	26-Jan	27-Jan
1 Week to Post Season	5th - Mat	5th - Mat	Tompkins @ OTHS V, G, JV	5th - Mat	5th - Mat	Bryan, Jordan, & Team to be Named Later @ Bryan V, G, JV (Possible Practice for all others TBA)
	7th - Mat	7th - Mat		7th - Mat	7th - Mat	
	Navy Practice 3:00-4:00 Team Meeting 3:30-3:45 Orange Practice 3:30-5:15 Lifting Day	Navy Practice 3:00-4:00 Orange Practice 3:30-5:15		Navy Practice 3:00-4:00 Orange Practice 3:30-5:15 Lifting Day	Navy Practice 3:00-4:00 Orange Practice 3:30-5:15	

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<u>Sunday</u> 28-Jan	<u>Monday</u> 29-Jan	<u>Tuesday</u> 30-Jan	<u>Wednesday</u> 31-Jan	<u>Thursday</u> 1-Feb	<u>Friday</u> 2-Feb	<u>Saturday</u> 3-Feb
Districts	5th - Mat	5th - Mat	5th - Mat	Varsity Boys and Girls District Championships @ LMC	5th - Mat	JV Boys, JV Girls, and Rookie Boys District Championships @ LMC Practice for Varsity District Line Up 9:00-11:00 Lifting Day
	7th - Mat	7th - Mat	7th - Mat		7th - Mat	
	Navy Practice 3:00-4:00 Team Meeting 3:30-3:45 Orange Practice 3:30-5:15 Lifting Day	Navy Practice 3:00-4:00 Orange Practice 3:30-5:15	Navy Practice 3:00-4:00 Orange Practice 3:30-5:15		Navy Practice 3:00-4:00 Orange Practice 3:30-5:15	
4-Feb	5-Feb	6-Feb	7-Feb	8-Feb	9-Feb	10-Feb
Regionals	5th - Mat	5th - Mat	5th - Mat	5th - Mat	Region III Championships at LMC	Region III Championships at LMC
	7th - Mat	7th - Mat	7th - Mat	7th - Mat		
	Team Meeting 2:45-3:00pm Post Season Practice 3:15-5:00 Lifting Day	Post Season Practice 3:15-5:00 Team Pictures 2:45	Post Season Practice 3:15-5:00 Weight Lifting Day	Post Season Practice 3:15-5:00		
11-Feb	12-Feb	13-Feb	14-Feb	15-Feb	16-Feb	17-Feb
State	5th - Mat	5th - Mat	5th - Mat	5th - Mat	State Championships at The Berry Center	State Championships at The Berry Center
	7th - Mat	7th - Mat	7th - Mat	7th - Mat		
	Team Meeting 2:45-3:00pm Post Season Practice 3:15-5:00 Lifting Day	Post Season Practice 3:15-5:00	Post Season Practice 3:15-5:00 Weight Lifting Day	Post Season Practice 3:15-5:00		

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<u>Sunday</u> 18-Feb	<u>Monday</u> 19-Feb	<u>Tuesday</u> 20-Feb	<u>Wednesday</u> 21-Feb	<u>Thursday</u> 22-Feb	<u>Friday</u> 23-Feb	<u>Saturday</u> 24-Feb
Break	No School Teacher Inservice	No Athletic Period Workout or After School Workouts	No Athletic Period Workout or After School Workouts	No Athletic Period Workout or After School Workouts	No Athletic Period Workout or After School Workouts	
25-Feb	26-Feb	27-Feb	28-Feb	29-Feb	1-Mar	2-Mar
11 Weeks of Spring Workouts Left	5th - Circuit Lift / Mat	5th - Mat	5th - Tube Lift / Mat	5th - Mat	5th - Live Competition	
	7th - Circuit Lift / Mat	7th - Mat	7th - Tube Lift / Mat	7th - Mat	7th - Live Competition	
	Room Closed After School	Room Closed After School	Room Closed After School Mat Chat	Room Closed After School	Room Closed After School	
3-Mar	4-Mar	5-Mar	6-Mar	7-Mar	8-Mar	9-Mar
10 Weeks of Spring Workouts Left	5th - Circuit Lift / Mat	5th - Mat	5th - Tube Lift / Mat	5th - Mat	5th - Live Competition	
	7th - Circuit Lift / Mat	7th - Mat	7th - Tube Lift / Mat	7th - Mat	7th - Live Competition	
	Room Closed After School	Room Closed After School	Room Closed After School	Room Closed After School	Room Closed After School	

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