

# November 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 off	27 off	28 off	29 off	30 off	31 off	1 off
2 off	3 off	4 off	5 off	6 off	7 off	8 off
9 off	10 off	11 Parent meeting @ 6pm Media Center	12 off	13 off	14 off	15 off
16 off	17 First Day of Practice 3:30pm-5:30pm	18 Practice 3:30pm- 5:30pm	19 Practice 3:30pm- 5:30pm	20 Team Pictures Practice 3:30pm- 5:30pm	21 Practice 3:30pm- 5:30pm	22 Practice 9am-11am
23 off	24 Practice 3:30pm- 5:30pm, weight certification 5:30pm-6:30pm	25 media day 330-done, practice remainder	26 Practice 9am-11am	27 off	28 Practice 9am-11am	29 Practice 9am-11am
30 off	1 Practice 3:30pm- 5:30pm	Notes				

# December 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 off	1 Practice 3:30pm-5:30pm wrestle offs	2 Practice 3:30pm-5:30pm wrestle offs	3 <b>Meet @ Roseville Area HS</b>	4 Practice 3:30pm-5:30pm	5 <b>BOYS: practice 3:30pm-5:30pm, GIRLS @ Lake City HS</b>	6 Practice 9am-11am
7 off	8 Practice 3:30pm-5:30pm	9 Practice 3:30pm-5:30pm	10 <b>Meet @ St. Paul Johnson HS</b>	11 <b>Meet @ ERHS</b>	12 Practice 3:30pm-5:30pm	13 <b>Boys: @ Chanhassen HS, Girls @ Hopkins HS</b>
14 off	15 Practice 3:30pm-5:30pm	16 Practice 3:30pm-5:30pm	17 Practice 3:30pm-5:30pm	18 <b>Meet @ WBL North Campus</b>	19 <b>BOYS @ Two Rivers, Girls @ Owatonna HS</b>	20 off
21 off	22 Practice 9am-11am	23 Practice 9am-11am	24 off	25 off	26 Practice 9am-11am	27 Practice 9am-11am
28 off	29 Practice 9am-11am	30 Practice 9am-11am	31 off	1 off	2 Practice 9am-11am	3 <b>BOYS: PRACTICE 9AM-11AM Girls @ Champlin Park HS</b>
4 off	5 Practice 3:30pm-5:30pm	Notes				

# January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 off	29 Practice 9am-11am	30 Practice 9am-11am	31 off	1 off	2 Practice 9am-11am	3 <b>BOYS: PRACTICE 9AM-11AM Girls @ Champlin Park HS</b>
4 off	5 Practice 3:30pm-5:30pm	6 Practice 3:30pm-5:30pm wrestle offs	7 Practice 3:30pm-5:30pm wrestle offs	8 <b>Meet @ ERHS</b>	9 Practice 3:30pm-5:30pm	10 <b>Tournament @ Superior HS, overnight stay in Superior</b>
11 <b>Travel day from Superior to ERHS</b>	12 Practice 3:30pm-5:30pm	13 Practice 3:30pm-5:30pm	14 <b>Meet @ Spring Lake Park HS</b>	15 Practice 3:30pm-5:30pm	16 <b>TOURNAMENT SETUP DAY 330-DONE</b>	17 <b>tournament @ ERHS</b>
18 off	19 off	20 Practice 3:30pm-5:30pm wrestle offs	21 Practice 3:30pm-5:30pm wrestle offs	22 <b>Meet @ ERHS</b>	23 <b>BOYS: Practice 3:30pm-5:30pm, Girls @ Rochester Century</b>	24 boys 9th grade regional - 9:30am Totino grace; girls 9th grade regional- buffalo 9:30am, Osseo Girls tournament 10am. Varsity-OFF
25 off	26 Practice 3:30pm-5:30pm	27 Practice 3:30pm-5:30pm	28 Practice 3:30pm-5:30pm	29 <b>Meet @ WHS</b>	30 <b>Meet @ North Branch HS</b>	31 Practice 9am-11am, 9th grade state @ Champlin park HS
1 off	2 Practice 3:30pm-5:30pm	Notes: <b>1/24: Boys: OFF , boys 9th grade under: 9th grade regional at Totino Grace High School, Girls 9th grade under: 9th grade regional at Buffalo High School, Girls 10-12 + Danica Fuelling: Osseo High School</b>				

# February 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 off	2 Practice 3:30pm-5:30pm	3 Practice 3:30pm-5:30pm	4 Practice 3:30pm-5:30pm	5 <b>Meet @ St. Croix Lutheran Academy</b>	6 <b>BOYS: Practice 3:30pm-5:30pm, Girls: Girls Section tournament @ TBD</b>	7 <b>Boys: JV conference @ TBD, Girls: Girls Section tournament @ TBD</b>
8 off	9 Practice 3:30pm-5:30pm section wrestle offs	10 Practice 3:30pm-5:30pm section wrestle offs	11 Practice 3:30pm-5:30pm section wrestle offs	12 Practice 3:30pm-5:30pm	13 <b>Meet @ WHS (Varsity Boys only)</b>	14 off
15 off	16 <b>varsity only Practice 9am-11am</b>	17 Practice 3:30pm-5:30pm	18 Practice 3:30pm-5:30pm	19 Practice 3:30pm-5:30pm	20 Practice 3:30pm-5:30pm	21 <b>Meet @ St. Thomas Academy (Varsity Boys only)</b>
22 off	23 Practice 3:30pm-5:30pm	24 Practice 3:30pm-5:30pm	25 Practice 3:30pm-5:30pm	26 <b>state tournament @ Grand Casino Arena</b>	27 <b>state tournament @ Grand Casino Arena</b>	28 <b>state tournament @ Grand Casino Arena</b>
1 off	2 off	3 off	4 off	5 off	6 off	7 off
8 off	9 off	Notes last day of season 2/28				