

Varsity Wrestling November 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Note: all buses depart from back gym lobby</i>					1	2
3 <i>Fan Cloth On-line Orders are due (Spirit Wear) Weight certs. @ OSS 5-6:30 p.m. (hydrate)</i>	4	5	6	7	8	9
10 <i>Coaches Meeting with Athletic Director in HS Cafeteria 7-8 p.m.</i>	11	12 <i>Wrestler/Parent Meeting in HS Theatre Room 6-7 p.m.</i>	13	14	15 <i>All Wrestler Paper work must be Completed</i>	16
17 <i>Team Camp Out In wrestling room 7 p.m.-7 a.m. Optional</i>	18 <i>1st Practice No School 6-7 a.m. Weight rm & Wrestling rm. 3:15-5:30 Wrestling & Weight Rm.</i>	19 <i>5:30-6:15 Weight Rm. 6:15-7:45 Wrestling Room</i>	20 <i>3:05-3:45- Weight rm 3:45-5:30-Wrestling Rm 4:45-5:30 Fitness rm</i>	21 <i>5:30-6:15 Weight Rm. 6:15-7:45 Wrestling Room</i>	22 <i>3:05-3:45- Weight rm 3:45-5:30-Wrestling Rm 4:45-5:30 Fitness Rm</i>	23 <i>10 a.m.-Noon Scrimmage(H) Arrive by 9 a.m.</i>
24	25 <i>3:05-3:45- Weight rm 3:45-5:30-Wrestling Rm 4:45-5:30 Fitness Rm</i>	26 <i>5:30-6:15 Weight Rm. 6:15-7:45 Wrestling Room</i>	27 1/2 Day <i>11:15-1:30 Weight Rm & Wrestling Rm.</i>	28 <i>Thanksgiving! Give Thanks.</i>	29 <i>10 a.m.-Noon Scrimmage(H) Arrive by 9 a.m.</i>	30 <i>8-10:30 a.m. Wrestling and Weight Room</i>

Varsity Wrestling December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Note: all buses depart from back gym lobby</i>	2 <i>No School</i> 9-11:30 Wrestling Rm & Weight Rm	3 5:30-6:15 Weight Rm. 6:15-7:45 Wrestling Room	4 3:05-3:45– Weight rm 3:45-5:30-Wrestling Rm 4:45-5:30 Fitness Rm	5 5:30-7:30 Wrestling room 6:30-7:30 Fitness Rm	6 Solanco Tourn. Wrestler dismiss- 11:55, Bus leaves at 12:10. 4 p.m. session one	7 Solanco Tourn. Bus leaves at 6:30 a.m. JV-starts at 8 a.m. V-starts at 10:30 a.m.
8	9 3:05-3:45– Weight rm 3:45-5:30-Wrestling Rm 4:45-5:30 Fitness Rm	10 5:30-6:15 Weight Rm. 6:15-7:45 Wrestling Room	11 3:05-5:30 Wrestling Rm 4:30-5:30 Fitness Rm	12 New Oxford(H)-7 Drill 5:00-5:30	13 2 Vans Leave at 5:30 a.m. for Panther Classic-Altoona 11:30 start	14 Day2– Panther Classic 7:45 weighin 8:45 Start 6 p.m. finals
15	16 3:05-3:45– Weight rm 3:45-5:30-Wrestling Rm 4:45-5:30 Fitness Rm	17 5:30-6:15 Weight Rm. 6:15-7:45 Wrestling Room	18 Gettysburg(A)-7:30 Drill 3:15-4:15 W.Rm Bus leaves at 4:30 p.m.	19 5:30-6:15 Weight Rm. 6:15-7:45 Wrestling Room	20 3:05-3:45– Weight rm 3:45-5:30-Wrestling Rm 4:45-5:30 Fitness Rm	21 8-10:30 a.m. Wrestling Rm & Weight room
22	23 8:30-10:30 a.m. Wrestling Rm and Weight Rm.	24 8:30-9:45 Wrestling Rm and Weight Rm	25 Christmas Day	26 8:30-10 a.m. Wrestling Room And Fitness Center	27 2 vans leave for Battle at the Beach-Indian River HS DE. 7 a.m. Weighin-11:30 .m. Round 1-1:00 p.m.	28 Day 2 Battle at the Beach 7:30 weighin 8:30 a.m. Start
29	30 8:30-10:30 a.m. Wrestling Rm and Weight Rm.-V JV- Bus leaves at 6:30 a.m. for Gov. Mifflin	31 8:30-10:30 a.m. Wrestling Rm and Weight Rm.			Also the 27th– JV Practice 9-10:30	Also the 28th– JV Practice 9-10:30

Varsity Wrestling January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Note: all buses depart from back gym lobby</i>			1 11-Noon wrestling and weight room	2 Central (A)-7:30 Drill in Wr. Room 3:05-4:15. Bus leaves at 4:35p.m.	3 3:05-5:30-Wrestling Rm 4:45-5:30 Fitness Rm	4 Hawk Mountain Duals-Hamburg HS Bus leaves at 5:30 a.m.
5	6 3:05-3:45– Weight rm 3:45-5:30-Wrestling Rm 4:45-5:30 Fitness Rm	7 5:30-6:15 Weight Rm. 6:15-7:45 Wrestling Room	8 3:05-5:30-Wrestling Rm 4:45-5:30 Fitness Rm	9 South Western-(H)-7 Drill 5:00-5:30	10 3:05-5:30-Wrestling Rm 4:45-5:30 Fitness Rm	11 Dallastown Duals 7 a.m. set up 12:30 a.m. Varsity Round one
12	13 No School 9:30-Noon Weight Rm and Wrestling Room	14 5:30-6:15 Weight Rm. 6:15-7:45 Wrestling Room	15 3:05-5:30-Wrestling Rm 4:45-5:30 Fitness Rm	16 Spring Grove-(A)-7 Drill in Wrestling rm 3:05-4:05 Bus leaves at 4:15	17 3:05-5:30-Wrestling Rm 4:45-5:30 Fitness Rm	18 Keystone Cup(H) 11:30 a.m. start
19	20 No School 9:30-Noon Weight Rm and Wrestling Room	21 5:30-6:15 Weight Rm. 6:15-7:45 Wrestling Room	22 3:05-5:30-Wrestling Rm 4:45-5:30 Fitness Rm	23 Red Lion (H)-7 Drill 5-5:30 w.rm.	24 3:05-3:45– Weight rm 3:45-5:30-Wrestling Rm 4:45-5:30 Fitness	25 9-11 a.m. Wrestling room and Weight room
26	27 3:05-3:45– Weight rm 3:45-5:30-Wrestling Rm 4:45-5:30 Fitness Rm	28 Team Districts-TBA	29 3:05-3:45– Weight rm 3:45-5:30-Wrestling Rm 4:45-5:30 Fitness Rm	30 Team Districts or Practice-TBA	31 3:05-3:45– Weight rm 3:45-5:30-Wrestling Rm 4:45-5:30 Fitness	

Varsity Wrestling February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Note: all buses depart from back gym lobby</i>						1 Team Districts or 8:30-10:30 Wrestling rm & Weight room
2	3 3:05-3:45 Weight Rm 3:45-5:00 Wrestling Rm	4 5:30-6:15 Weight Room 6:15-7:30 wrestling room	5 3:05-3:45 Weight Rm 3:45-5:00 Wrestling Rm	6 5:30-6:15 Weight Room 6:15-7:30 wrestling room	7 3:05-3:45 Weight Rm 3:45-5:00 Wrestling Rm	8 JV Tourn. At SG Bus depart:7:15 Varsity 8:30-10:30 Wrestling and Weight room
9	10 3:05-3:45 Weight Rm 3:45-5:00 Wrestling Rm	11 5:30-6:15 Weight Room 6:15-7:30 wrestling room	12 3:05-3:45 Weight Rm 3:45-5:00 Wrestling Rm	13 3:05-4:30 Wrestling room and Fitness Center	14 No School Sectionals at SW 1 bus departs:2:15 pm	15 Sectionals at SW 1 bus departs at 7:15 a.m.
16	17 No School 9-10:30 a.m. Wrestling and wt. room	18 5:30-6:15 Weight Room 6:15-7:30 wrestling room	19 3:05-3:45 Weight Rm 3:45-5:00 Wrestling Rm	20 3:05-4:30 Wrestling room and Fitness Center	21 Districts at SG Dismiss: 1:45 1 Bus Depart: 2:15	22 Districts at SG 1 Bus Depart at 7:20 a.m
23	24 3:05-3:45 Weight Rm 3:45-5:00 Wrestling Rm	11 5:30-6:15 Weight Room 6:15-7:30 wrestling room	26 3:05-3:45 Weight Rm 3:45-5:00 Wrestling Rm	11 5:30-6:15 Weight Room 6:15-7:30 wrestling room	28 1/2 Day End of Tri 11:15-1:15 Wrestling and weight room	29 8:30-10 a.m. Wrestling room & Weight room

Varsity Wrestling March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>No School-Inservice 6:00-6:30 Wt Rm 6:00-7:30 Wrestling Room</i>	3 <i>3:05-4:30 wrestling room</i>	4 <i>3:05-4:30 wrestling room</i>	5 <i>States-Hershey Giant Center</i>	6 <i>States-Hershey Giant Center</i>	7 <i>States-Hershey Giant Center</i>
8	9	10	11	12	13	14
15 <i>Wrestling Banquet 5 p.m. High School</i>	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				