

~ November 2012 ~						
◀ Oct 2012						Dec 2012 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8 Alpha Weigh-In	9	10
11	12 1 st Day of Practice	13 Practice 3:15 - 5:15	14 Practice 3:15 - 5:15	15 Practice 3:15 - 5:15	16 Practice 3:15 - 5:15	17
18	19 No School Practice 3:15 - 5:15	20 No School Practice 3:15 - 5:15	21 No School Practice 9:00-11:00am	22 Thanksgiving	23	24
25	26 Practice 3:15 - 5:15	27 Practice 3:15 - 5:15	28 Practice 3:15 - 5:15	29 Practice 3:15 - 5:15	30 Practice 3:15 - 5:15	Notes:

Notes:

- 1) Practice starts at 3:15pm sharp. Shoes on ready to wrestle.
- 2) You must run 10 laps before practice starts. This will be randomly checked by coaches and team captains.
- 3) In the event of an early practice (9am-11am) plan on arriving early to get your laps in.
- 4) Showers are **MANDATORY** after wrestling. Plan on not leaving the building until at least 15 minutes AFTER completion of practice/meets.
- 5) You are still required to attend (watch) practice in the event of an injury.

◀ Nov 2012							~ December 2012 ~							Jan 2013 ▶						
Sun		Mon		Tue		Wed		Thu		Fri		Sat								
												1 Lakewood Scrimmage @ Lakewood 9:00 am								
2		3 Practice 3:15 - 5:15		4 Practice 3:15 - 5:15		5 Hopkins Quad @ Hopkins 5:30 pm		6 Practice 3:15 - 5:15		7 Practice 3:15 - 5:15		8 Kraai Invitational @ Zeeland West 8:30 am								
9		10 Practice 3:15 - 5:15		11 Practice 3:15 - 5:15		12 Practice 3:15 - 5:15		13 Practice 3:15 - 5:15		14 Practice 3:15 - 5:15		15 Grand Haven Duals Grand Haven 9:00 am								
16		17 Practice 3:15 - 5:15		18 Practice 3:15 - 5:15		19 Kenowa Hills Dual Home 6:00 pm		20 Practice 3:15 - 5:15		21 Practice 3:15 - 5:15		22 Forest Hills Northern Inv. @ FHN 9:30 am								
23		24		25 Christmas		26 Practice 9:00am–11:00 am		27 Grandville Team Tourn. @ Grandville 8:30 am		28		29								
30		31 New Years Eve		Notes:																

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 New Years Day	2 Practice 9:00am–11:00 am	3 Practice 9:00am–11:00 am	4 Practice 9:00am–11:00 am	5 Allendale Individual Tourn @ Allendale 9:30 am
6	7 Practice 3:15 - 5:15	8 Practice 3:15 - 5:15	9 GR Union Dual @ GR Union 6:00 pm	10 Practice 3:15 - 5:15	11 Practice 3:15 - 5:15	12
13	14 Practice 3:15 - 5:15	15 Practice 3:15 - 5:15	16 Reeths Puffer Dual @ Reefs Puffer 6:00 pm	17 Practice 3:15 - 5:15	18 Practice 3:15 - 5:15	19 Forest Hills Eastern Tourn @ FHE 9:00 am
20	21 No School Practice 3:15 - 5:15	22 Practice 3:15 - 5:15	23 Mona Shores Quad (MS, Allendale, Buchanan) Home 6:00 pm	24 Practice 3:15 - 5:15	25 Practice 3:15 - 5:15	26 Garter Invitational @ GR Christian 9:00 am
27	28 Practice 3:15 - 5:15	29 Practice 3:15 - 5:15	30 Muskegon Quad (Muskegon, GR Christian, Zeeland West) Home 6:00 pm	31 Practice 3:15 - 5:15	Notes:	

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Practice 3:15 - 5:15	2 OK Black Conf. Tourn 9:00 am
3	4 Practice 3:15 - 5:15	5 Practice 3:15 - 5:15	6 Practice 3:15 - 5:15	7 MHSAA Team Districts	8 Practice 3:15 - 5:15	9 MHSAA Ind. Districts
10	11 Practice 3:15 - 5:15 As necessary	12 Practice 3:15 - 5:15 As necessary	13 MHSAA Team Regional	14 Practice 3:15 - 5:15 As necessary	15 Practice 3:15 - 5:15 As necessary	16 MHSAA Ind. Regional
17	18	19	20	21	22 MHSAA Team Finals	23 MHSAA Team Finals
24	25	26	27	28 MHSAA Ind. Finals Through March 2	MARCH 1-2 MHSAA Ind. Finals	

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