

# 2023 November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 Conditioning 300-415	7	8	9	10	11	12
13 First day of Practice 300-500	14 Practice 300-500	15 NO PRACTICE	16 Practice 300-500	17 Practice 300-500	18	19
20 Practice 300-500 Parent Meeting FAC 530-630	21 Practice 300-500	22 Practice 900-1100	23 NO	24 Practice 600-715 Alpha Weigh In	25 PRACTICE	26
27 Practice 300-500	28 Practice 300-500	29 Practice 300-500	30 Practice 300-430, Duventport			

Wrestling @ 600

After School

Leave High School @ 745 am

\* Youth begins Tuesday, Dec. 5 600 - 800 pm. All High School  
 wrestlers are welcomed and encouraged to attend. Every T/Th  
 2023 600 - 800 pm.

# DECEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				Practice 1 600-715 am Alpha's after school	2 Scrimmage @ Lakewood gym	3
4 Practice 3-5 Challenge Matches	5 Practice 3-5 Challenge Matches	6 Cal & Quad 600 pm	7 Practice 3-5	8 Practice 3-5	9 All wrestlers @ Greenville	10
11 Practice 3-5	12 Practice 3-5	13 Practice 3-5	14 Practice 3-5	15 Practice 3-5	16 Varsity @ East Kentwood	17
18 Varsity Practice 3-5 JV @ Lowell	19 Practice 3-5	20 Home Jenison	21 Practice 3-5	22 NO Practice	23	24
25 NO Practice	26 Practice 9-11	27 Practice 9-11	28 Varsity @ Portage central JV Practice	29 JV @ Coopersville Girls @ Montague	30	31

# January

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 No Practice	2 No Practice	3 Practice 9-11	4 Practice 9-11	5 Practice 9-11	6 Varsity @ Hastings Girls @ Grand Haven	7
8 Practice 3-5	9 Practice 3-5	10 5:00pm Quad at Rockford	11 Practice 3-5	12 Practice 3-5	13 Varsity @ Alma Girls @ Northview	14
15 JV @ TK 5:00pm Girls/Varsity Practice 3-5	16 Practice 3-5	17 Home against West Ottawa	18 Practice 3-5	19 Practice 3-5	20 Varsity @ Kalamazoo Central	21
22 JV @ Lakewood 5pm Girls/Varsity Practice 3-5	23 Practice 3-5	24 5:00pm Quad at Jenison	25 Practice 3-5	26 Practice 3-5	27 Varsity @ Lakewood JV @ Rockford Girls @ Holt	28 -8:30 -10:00
29 Practice 3-5	30 Practice 3-5	31 5pm @ East Kentwood	Practice 3-5	Varsity OK Red Tourney @ East Kentwood 4:00pm	JV @ Hudsonville Girls @ Midland	

# 2024 February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Practice 3-5	2 Varsity ok Red Tourney @ EK 4pm	3 JV @ Hudsonville Girls @ Midland	4
5	6	7 Team Districts @ Cal on 2/7 or 2/8	8	9	10 Ind. Districts @ Grand Haven	11
12	13	14 Team Regionals	15	16	17 Ind Regional Boys @ Holt Ind Regional Girls @ ? on 2/18	18
19	20	21	22	23 Team State Finals	24	25
26	27	28	29	Ind. State Finals		

# 2024 March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31