

Linn-Mar Men's Wrestling Practice Calendar 2022-23

September 2022						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5 No School	6	7	8 Open Room 4 pm	9	10	11
12	13 Open Room 4 pm	14	15 Open Room 4 pm	16	17	18
19	20 Open Room 4 pm	21	22 Open Room 4 pm	23	24	25
26	27 Open Room 4 pm	28	29 Open Room 4 pm HS Parent Conferences	30		

October 2022						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3 No School PD Day	4 Sign up Meeting 8:30 am Food Court Open Room 4 pm	5	6 Open Room 4 pm	7	8	9
10	11 Open Room 4 pm	12	13 Open Room 4 pm	14	15	16
17	18 Open Room 4 pm	19 Open Room 4 pm	20 2 Hour Early Release	21	22	23
24	25 2 Hour Early Release	26 Open Room 4pm Body Fat Testing	27 Last Day Q1 Open Room 4pm Body Fat Testing	28 No School Teacher Workday Poster Picture 10 am Football Playoffs Round 1	29	30
31						

◀ October		November 2022					December ▶	
Mon	Tue	Wed	Thu	Fri	Sat	Sun		
	1 Open Room 4 pm	2	3 Open Room 4 pm HS Parent Meeting 6:30 pm Lower Commons Adult Social @ 3 rd Base 8 pm	4 Football Playoffs	5	6		
7 No School PD Day	8 Open Room 4 pm	9	10 Open Room 4 pm	11 Football Playoffs	12	13		
14 First Day of Practice! Lift 7:30 am P: 4 pm	15 P: 4 pm	16 P: 4 pm	17 P: 4 pm	18 P: 4 pm	19 P: 8 am Pictures 10 am	20		
21 Lift 7:30 am P: 4 pm	22 P: 4 pm	23 No School P: 8 am	24 No School Thanksgiving No Practice	25 No School P: 4 pm Try-Outs	26 P: 8 am Try-Outs	27		
28 Lift 7:30 am P: 4 pm	29 P: 4 pm	30 P: 7:30 am P: 4 pm						

December 2022						
◀ November						January ▶
Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 JV & V @ Hempstead 6:15 Bus: 3:30 pm	2 JV & V @ Donnybrook XTream Arena Noon Bus: 8:15 am	3 V @ Donnybrook XTream Arena 10 am Bus: 6:45 am	4
5 9/10 @ Liberty 6 pm Bus: 4 pm	6 P: 4 pm	7 P: 7:30 am P: 4 pm	8 JV/V @ Waterloo West 6:15 Bus: 3:30 pm	9 P: 4 pm	10 P: 8 am	11
JV @ Kennedy 5:00 pm Bus: 3:30						
Lift 7:30 am P: 4 pm						
12 JV @ Vinton 4:30 pm Bus: 2:30 pm	13 P: 4 pm	14 P: 7:30 am P: 4 pm	15 JV & V @ Home Vs. IC West 6:15	16 V @ Battle of Waterloo Duals TBD Bus: TBD	17 V @ Battle of Waterloo Duals TBD Bus: TBD	18 LMWC Developmental Tourney Work 10 am to 4 pm
Lift 7:30 am P: 4 pm				P: 4 pm	JV @ North Linn 8:30 am Bus: 7 am	
19 Lift 7:30 am P: 4 pm	20 P: 4 pm	21 P: 4 pm	22 P: 4 pm	23 No School	24	25
26 No School	27 No School	28 No School P: 8 am	29 No School P: 8 am	30 No School P: 8 am	31 P: 8 am	

January 2023						
◀ December						February ▶
Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2 No School P: 8 am	3 P: 4 pm	4 P: 7:30 am P: 4 pm	5 JV & V @ Home Vs. IC City High 6:15	6 P: 4 pm	7 V & JV Lion Duals 9 am	8 LMWC Tourney Work 8-Noon OR Noon – 4 pm
9 9/10 @ Jefferson 6 pm Bus: 4:15 pm Lift 7:30 am P: 4 pm	10 P: 4 pm	11 Full Day Finals P: 4 pm	12 ½ Day Finals JV & V @ CR Kennedy 6:15 Bus: 4:15 pm	13 End Q2 ½ Day Finals P: Noon	14 V @ Ankeny 10 am Bus: 5:30 am JV @ Independence 9 am Bus: 6:30 am	15
16 No School PD Day Lift 7:30 am P: 4 pm	17 No School Teacher Work Day P: 4 pm	18 P: 7:30 am P: 4 pm	19 JV & V @ Home Vs. CR Wash 6:15 LMWC Night	20 P: 4 pm	21 V @ Clinton 9 am Bus: 5 am JV @ Bettendorf 9 am Bus: 5 am	22
23 9/10 @ Kennedy 5 pm Bus: 3:15 pm Lift 7:30 am P: 4 pm	24 P: 4 pm	25 P: 4 pm	26 JV & V @ Home Vs. IC Western Dubuque 6:15 Senior Night	27 P: 4 pm	28 V @ MVC Tourney Waterloo West 10 am Bus: 6:15 am	29
30 Lift 7:30 am P: 4 pm	31 V @ Regional Duals TBD					

February 2023						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 P: 4 pm	2 P: 4 pm	3 P: 4 pm	4 V @ State Duals XTream Arena 9 am OR 11 am Bus: TBD	5
6 Lift 7:30 am P: 4 pm	7 P: 4 pm	8 P: 4 pm	9 P: 4 pm	10 P: 4 pm	11 V Districts 10am @ Marshalltown Bus: 5:45 am	12
13 Lift 7:30 am P: 4 pm	14 P: 4 pm	15 State Meet 6 pm	16 State Meet 6 pm	17 State Meet 6 pm	18 State Meet 9 am 5:15 pm	19
20	21	22 Turn In Equipment & Vote On Awards 4 pm	23	24	25	26
27	28					

March 2023						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7	8 Banquet 5:30 pm South Commons	9	10	11	12