



LINN-MAR WRESTLING CLUB
PRACTICE SCHEDULE & GENERAL INFORMATION
2022-23

November -----

7 - Monday	Club Practice:	Level 1	6:45pm - 7:45pm
8 - Tuesday	Club Practice:	Level 2 Level 3	6:30pm - 7:30pm 7:45pm - 9:15pm
10 - Thursday	Club Practice:	Level 2 Level 3	6:30pm - 7:30pm 7:45pm - 9:15pm
14 - Monday	Club Practice:	Level 1	6:45pm - 7:45pm (No School Day)
15 - Tuesday	Club Practice:	Level 2 Level 3	6:30pm - 7:30pm 7:45pm - 9:15pm
17 - Thursday	Club Practice:	Level 2 Level 3	6:30pm - 7:30pm 7:45pm - 9:15pm
21 - Monday	Club Practice:	Level 1	6:45pm - 7:45pm
22 - Tuesday	Club Practice:	Level 2 Level 3	6:30pm - 7:30pm 7:45pm - 9:15pm
24 - Thursday	NO PRACTICE - THANKSGIVING BREAK		
28 - Monday	Club Practice:	Level 1	6:45pm - 7:45pm <i>Picture Night</i>
29 - Tuesday	Club Practice:	Level 2 Level 3	6:30pm - 7:30pm 7:45pm - 9:15pm <i>Picture Night</i>

December -----

1 - Thursday	Club Practice:	Level 2 Level 3	6:30pm - 7:30pm 7:45pm - 9:15pm
5 - Monday	Club Practice:	Level 1	6:45pm - 7:45pm
6 - Tuesday	Club Practice:	Level 2 Level 3	6:30pm - 7:30pm 7:45pm - 9:15pm
8 - Thursday	Club Practice:	Level 2 Level 3	6:30pm - 7:30pm 7:45pm - 9:15pm
12 - Monday	Club Practice:	Level 1	6:45pm - 7:45pm
13 - Tuesday	Club Practice:	Level 2 Level 3	6:30pm - 7:30pm 7:45pm - 9:15pm
14 - Wednesday	Club Practice:	Level 2 & 3	6:30pm - 8:00pm
15 - Thursday	Home Varsity/ JV Dual Meet Vs. IC West 6:15 pm		
18 - Sunday	LMWC Dev Tournament - HS gym		
19 - Monday	Club Practice:	Level 1	6:45pm - 7:45pm
20 - Tuesday	Club Practice:	Level 2 Level 3	6:30pm - 7:30pm 7:45pm - 9:15pm
21 - Thursday to Jan. 2 nd	--- NO PRACTICE --- CHRISTMAS BREAK		

January -----

3 - Tuesday	Club Practice:	Level 2 Level 3	6:30pm - 7:30pm 7:45pm - 9:15pm
4 - Wednesday	Club Practice:	Level 2 & 3	6:30pm - 8:00pm

5 - Thursday	Home Varsity/ JV Dual Meet vs. IC City High 6:15 PM		
8 - Sunday	LMWC Kids Wrestling Tournament - H.S. Gym		
9 - Monday	Club Practice:	Level 1	6:45pm - 7:45pm
10 - Tuesday	Club Practice:	Level 2 Level 3	6:30pm - 7:30pm 7:45pm - 9:15pm
12 - Thursday	Club Practice:	Level 2 Level 3	6:30pm - 7:30pm 7:45pm - 9:15pm
16 - Monday	Club Practice:	Level 1	6:45pm - 7:45pm (No School)
17 - Tuesday	Club Practice:	Level 2 Level 3	6:30pm - 7:30pm 7:45pm - 9:15pm
18 - Wednesday	Club Practice:	Level 2 & 3	6:30pm - 8:00pm
19 - Thursday	Home Varsity/ JV Dual Meet Vs. CR Washington 6:15 pm LMWC Night		
23 - Monday	Club Practice:	Level 1	6:45pm - 7:45pm (No School)
24 - Tuesday	Club Practice:	Level 2 Level 3	6:30pm - 7:30pm 7:45pm - 9:15pm
25 - Wednesday	Club Practice:	Level 2 & 3	6:30pm - 8:00pm
26 - Thursday	Home Varsity/ JV Dual Meet Vs. Western Dubuque 6:15 pm Senior Night		
30 - Monday	Club Practice:	Level 2&3	6:30 - 7:45pm
31 - Tuesday	Regional Dual- Winner Goes to State Duals!		

February -----

1 - Wednesday	LMWC Pot Luck 6:00 pm Lower Commons		
	Club Practice:	Level 2&3	7:00 - 8:00 pm
Preparation for AAU State and Super Pee Wee State			
	Club Practice:	Level 2 Level 3	6:30pm - 7:30pm 7:30pm - 8:45pm
Feb. 2 - Thursday			
7 - Tuesday	9 - Thursday		
14 - Tuesday	16 - Thursday		
21 - Tuesday	23 - Thursday		
28 - Tuesday	March 2 - Thursday		

Linn-Mar Wrestling Website - www.linnmarwrestling.com

Linn-Mar Wrestling Twitter - @linnmarwrestlin

Like us on Facebook: Linn-Mar Wrestling

Check us out on Snap Chat & Instagram

Weather Cancellation Practice Policy

If the L-M School District cancels school or has an early release **due to poor weather conditions**, there will be **NO** Lion Wrestling Club practice that night.

Entrance: Use Door #7 on the East side of the building behind the main gym.

Contact Information:

LMWC E-mail: linnmarwrestling@gmail.com