



**LINN-MAR WRESTLING CLUB**  
**PRACTICE SCHEDULE & GENERAL INFORMATION**  
**2023-24**

**November -----**

6 - Monday	Club Practice:	Level 1	6:45pm - 7:45pm
7 - Tuesday	Club Practice:	Level 2	6:30pm - 7:30pm
		Level 3	7:45pm - 9:15pm
9 - Thursday	Club Practice:	Level 2	6:30pm - 7:30pm
		Level 3	7:45pm - 9:15pm
13 - Monday	Club Practice:	Level 1	6:45pm - 7:45pm
14 - Tuesday	Club Practice:	Level 2	6:30pm - 7:30pm
		Level 3	7:45pm - 9:15pm
16 - Thursday	Club Practice:	Level 2	6:30pm - 7:30pm
		Level 3	7:45pm - 9:15pm
20 - Monday	Club Practice:	Level 1	6:45pm - 7:45pm
21 - Tuesday	Club Practice:	Level 2	6:30pm - 7:30pm
		Level 3	7:45pm - 9:15pm
23 - Thursday	<b>NO PRACTICE - THANKSGIVING BREAK</b>		
27 - Monday	Club Practice:	Level 1	6:45pm - 7:45pm
		<b>Picture Night</b>	
28 - Tuesday	Club Practice:	Level 2	6:30pm - 7:30pm
		Level 3	7:45pm - 9:15pm
		<b>Picture Night</b>	
29 - Wednesday	Club Practice:	Level 2 & 3	6:30pm - 8:00pm
30 - Thursday	<b>Home Varsity/ JV Dual Meet vs. Dubuque Hempstead 6:00 PM</b>		

**December -----**

4 - Monday	Club Practice:	Level 1	6:45pm - 7:45pm
5 - Tuesday	Club Practice:	Level 2	6:30pm - 7:30pm
		Level 3	7:45pm - 9:15pm
6 - Wednesday	Club Practice:	Level 2 & 3	6:30pm - 8:00pm
7 - Thursday	<b>Home Varsity/ JV Dual Meet Boy/ Girl Vs. Waterloo West 5:45 pm LMWC Night</b>		
11 - Monday	Club Practice:	Level 1	6:45pm - 7:45pm
12 - Tuesday	Club Practice:	Level 2	6:30pm - 7:30pm
		Level 3	7:45pm - 9:15pm
14 - Thursday	Club Practice:	Level 2	6:30pm - 7:30pm
		Level 3	7:45pm - 9:15pm
17 - Sunday	<b>LMWC Dev. Tournament - HS gym</b>		
18 - Monday	Club Practice:	Level 1	6:45pm - 7:45pm
19 - Tuesday	Club Practice:	Level 2	6:30pm - 7:30pm
		Level 3	7:45pm - 9:15pm
21 - Thursday	Club Practice:	Level 2 & 3	6:30pm - 8:00pm
25 - Thursday to Jan. 2 <sup>nd</sup>	<b>--- NO PRACTICE --- CHRISTMAS BREAK</b>		

**January -----**

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

**6 - Saturday - Social at Fieldhouse 1<sup>st</sup> Ave. (7pm)**

**7 - Sunday --- LMWC Kids Tournament - H.S. Gym**

8 - Monday	Club Practice:	Level 1	6:45pm - 7:45pm
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9 - Tuesday	Club Practice:	Level 2	6:30pm - 7:30pm
		Level 3	7:45pm - 9:15pm

10 - Wednesday	Club Practice:	Level 2 & 3	6:30pm - 8:00pm
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**11 - Thursday Home Varsity/ JV Boy/ Girl Dual Meet  
Vs. CR Kennedy 5:45 pm  
Senior Night**

15 - Monday	Club Practice:	Level 1	6:45pm - 7:45pm
	(No School)		

16 - Tuesday	Club Practice:	Level 2	6:30pm - 7:30pm
		Level 3	7:45pm - 9:15pm

18 - Thursday	Club Practice:	Level 2	6:30pm - 7:30pm
		Level 3	7:45pm - 9:15pm

22 - Monday	Club Practice:	Level 1	6:45pm - 7:45pm
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23 - Tuesday	Club Practice:	Level 2	6:30pm - 7:30pm
		Level 3	7:45pm - 9:15pm

25 - Thursday	Club Practice:	Level 2	6:30pm - 7:30pm
		Level 3	7:45pm - 9:15pm

29 - Monday	Club Practice:	Level 1	6:45pm - 7:45pm
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**30 - Tuesday Regional Dual- Winner Goes to State Duals!**

31 - Wednesday	Club Practice:	Level 2 & 3	6:30pm - 8:00pm
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**February -----**

1 - Thursday	Club Practice:	Level 2	6:30pm - 7:30pm
		Level 3	7:45pm - 9:15pm

Preparation for AAU State and Super Pee Wee State (Feb 6-29)

Club Practice:	Level 2	6:30pm - 7:30pm
	Level 3	7:30pm - 8:45pm

**6 - Tuesday      8 - Thursday**

**13 - Tuesday      15 - Thursday**

**20 - Tuesday      22 - Thursday**

**27 - Tuesday      29 - Thursday**

**Linn-Mar Wrestling Website - [www.linnmarwrestling.com](http://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** LMWC 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](mailto:linnmarwrestling@gmail.com)