

# Wrestling-November-2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Practice 1:50-2:50pm	2 Practice 1:50-2:50pm	3 Practice 1:50-2:50pm	4 Mid-day Matness 9:00am
5  Daylight Savings Ends	6 Practice <b>Frosh/Girls:</b> 2-4pm <b>JV/Var:</b> 2-4:30pm	7 Practice <b>Frosh/Girls:</b> 2-4pm <b>JV/Var:</b> 2-4:30pm	8 Practice <b>JV/Var:</b> 6:15am-7:30am <b>Frosh/Girls:</b> 2-4pm (volunteer JV/VAR welcomed)	9 Practice <b>Frosh/Girls:</b> 2-4pm <b>JV/Var:</b> 2-4:30pm	10 No Practice	11  Veterans Day
12	13 Practice <b>Frosh/Girls:</b> 2-4pm <b>JV/Var:</b> 2-4:30pm	14 Practice <b>Frosh/Girls:</b> 2-4pm <b>JV/Var:</b> 2-4:30pm	15 Practice <b>JV/Var:</b> 6:15am-7:30am <b>Frosh/Girls:</b> 2-4pm (volunteer JV/VAR welcomed)	16 Practice <b>Frosh/Girls:</b> 2-4pm <b>JV/Var:</b> 2-4:30pm	17 1 <sup>st</sup> Weight Certs- Practice <b>Frosh/Girls:</b> 2-4pm <b>JV/Var:</b> 2-4:30pm	18  No Practice
19 No Practice	20 8-11am (Volunteer Practice ONLY, not mandatory)	21 8-11am (Volunteer Practice ONLY, not mandatory)	22 8-11am (Volunteer Practice ONLY, not mandatory)	23 Turkey Trot 8am (Volunteer Practice ONLY, not mandatory)	24 Moanalua Practice 9:30am-12pm	25 No Practice
26 Moanalua BBQ at Coach McTeggart's House 2pm	27 Practice <b>Frosh/Girls:</b> 2-4pm <b>JV/Var:</b> 2-4:30pm	28 Practice <b>Frosh/Girls:</b> 2-4pm <b>JV/Var:</b> 2-4:30pm	29 Practice <b>JV/Var:</b> 6:15am-7:30am <b>Frosh/Girls:</b> 2-4pm (volunteer JV/VAR welcomed)	30 2 <sup>nd</sup> Weight Certs Practice <b>Frosh/Girls:</b> 2-4pm <b>JV/Var:</b> 2-4:30pm		