

Linn-Mar Men's Wrestling Practice and Competition Calendar

September 2023

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

October 2023

◀ September							November ▶						
Sun	Mon	Tue	Wed	Thu	Fri	Sat							
1	2	3 8:30 am Wrestler Sign-up Meet (Wrestling Room) Open Room- 4pm	4	5 Open Room- 4pm	6	7							
8	9	10 Open Room- 4pm	11	12 Open Room- 4pm	13	14							
15	16	17 Early Release Open Room- 2pm	18	19 Early Release Open Room- 2pm	20	21							
22	23	24 Open Room- 4pm Body Fat Testing 4 pm	25 End Q1	26 No School Body Fat Testing 9-10 am Poster Picture 10 am	27 No School FB Playoffs start	28							
29	30	31 Open Room- 4pm											

November 2023						
◀ October						December ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Open Room- 4pm Parent/ Wrestler Meeting- 6:30 pm Parent Social- 3 rd Base Brewery	3	4
5	6	7 Open Room- 4pm	8	9 Open Room- 4pm	10	11
12	13 7:30 am Lift 4pm- 1 st Practice	14 4pm- Practice	15 4pm- Practice	16 4pm- Practice	17 4pm- Practice	18 8 am- Practice 10am- Pictures
19	20 7:30 am- Lift 4 pm- Practice	21 4pm- Practice	22 No School 8 am Practice	23 No School No Practice	24 No School 4 pm Practice Try-Outs	25 8 am Practice Try-outs Women's Dual Tourney
26	27 7:30 am- Lift 4 pm- Practice	28 4pm- Practice	29 7:30 am Technique 4pm- Practice	30 JV/V Home Vs. Hempstead 6pm Parent Conferences		

◀ November		December 2023					January ▶	
Sun	Mon	Tue	Wed	Thu	Fri	Sat		
					1 V @ Donnybrook 11:30 am Bus: 8:00 am JV work tables	2 V@ Donnybrook 10 am Bus: 6:30 am		
3	4 7:30 am- Lift 4 pm- Practice JV @ CRK 5 pm Bus: 3:45 9/10 @ IC West 6pm Bus: 3:45 pm	5 4pm- Practice	6 7:30 am Technique 4pm- Practice	7 JV/V Home Vs. Waterloo West 5:45 pm Boys and Girls	8 4pm- Practice	9 8 am Practice		
10	11 7:30 am- Lift 4 pm- Practice JV @ Vinton 4pm Bus: 2:30 pm	12 4pm- Practice	13 7:30 am Technique 4pm- Practice	14 JV/V @ IC West 6:00 pm Bus: 3:45 pm	15 4pm- Practice V @ Battle of Waterloo TBD Bus: TBD	16 V @ Battle of Waterloo TBD Bus: TBD JV @ North Linn 8:30 am Bus: 7 am		
17 LMWC Developmental Tourney 10-4	18 7:30 am- Lift 4 pm- Practice	19 4pm- Practice	20 4pm- Practice	21 4pm- Practice	22 2 Hour Early Out No Practice	23 No Practice		
24	25 No School No Practice	26 No School No Practice	27 No School 4 pm Practice	28 No School 8 am Practice	29 No School 8 am Practice	30 8 am Practice		
31								

◀ December		January 2024					February ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1 No School 9 am Practice	2 No School 8 am Practice	3 7:30 am Technique 4pm- Practice	4 JV/V @ ICCH Boys & Girls 5:45 pm Bus: 3:15 pm	5 4pm- Practice Set Mats 8:30pm	6 V Linn-Mar Duals 9 am 7 pm Social at Fieldhouse 1 st Ave	
7 LMWC Tourney Work 8-12 OR Work 12-4	8 7:30 am- Lift 4 pm- Practice 9/10 Tourney @ Prairie 6pm Bus: 4pm	9 Finals Period 1-4 OR Block 1-2 4pm- Practice	10 ½ Day Finals Periods 5-6 OR Block 3 Noon- Practice	11 End Q2 ½ Day Finals Periods 7-8 OR Block 4 JV/V Home CR Kennedy 5:45 pm Boys and Girls	12 No School 4pm- Practice	13 JV @ Independence 9 am Bus: 6:30 am V @ Ankeny 9:30 am Bus: 5:30 am	
14	15 No School 7:30 am- Lift 4 pm- Practice	16 4pm- Practice	17 7:30 am Technique 4pm- Practice	18 JV/V @ CR Washington 6pm Bus: 4:15 pm	19 4pm- Practice	20 JV @ Marhalltown 9 am Bus: 5 am V @ Clinton 9 am Bus: 5 am	
21	22 7:30 am- Lift 4 pm- Practice 9/10 Tourney @ City High 5pm Bus: 2:30 pm	23 4pm- Practice	24 7:30 am Technique 4pm- Practice	25 JV/V @ Western Dubuque 6pm Bus: 3:15 pm [®]	26 4pm- Practice	27 V @ MVC Tourney Dubuque Senior 10 am Bus: 6 am	
28	29 4 pm- Practice	30 Regional Duals 6 pm Site: TBD Bus: TBD	31 4 pm- Practice				

February 2024						
◀ January						March ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 4pm- Practice	2 4pm- Practice	3 V @ State Duals OR JV @ MVC tourney CRP 9:30 am Bus: 6:45 am
4	5 7:30 am- Lift 4 pm- Practice	6 4pm- Practice	7 4pm- Practice	8 4pm- Practice Parent Conferences	9 4pm- Practice	10 V @ Districts Site: TBD 10 am Bus: TBD
11 1 pm Meet with State Qualifiers	12 7:30 am- Lift 4 pm- Practice	13 4pm- Practice Leave for State Meet 7 pm	14 1:30 pm- State	15 1:30 pm- State	16 1:30 pm- State	17 9 am & 5:15pm State
18	19 No School	20	21 Turn in Equipment & Vote on Awards 4:00	22	23	24
25	26	27	28	29		

March 2024						
◀ February						April ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 Early Release	6 Banquet Lower Commons 6:00 pm	7 Early Release	8	9
10	11 Spring Break	12 Spring Break	13 Spring Break	14 Spring Break	15 Spring Break	16
17	18 Freestyle & Greco Roman Begins!	19	20	21	22	23
24	25	26	27	28 End Q3	29 No School	30
31						