

Linn-Mar Women's Wrestling Practice Schedule-2022-2023

September 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 Labor Day no school	6	7	8 Open room 4:00 pm	9	10
11	12 Open room- girls 6:15 pm	13 Open room 4:00 pm	14	15 Open room 4:00 pm	16	17
18	19 Open room- girls 6:15 pm	20 Open room 4:00 pm	21	22 Open room 4:00 pm	23	24
25	26 Open room- girls 6:15 pm	27 Open room 4:00 pm	28	29 Open room 4:00 pm	30	

October 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Open room- girls 6:15 pm	4 Open room 4:00 pm	5	6 Open room 4:00 pm	7	8
9	10 Open room- girls 6:15 pm	11 Open room 4:00 pm	12	13 Open room 4:00 pm	14	15
16	17 Open room- girls 6:15 pm	18 Open room 4:00 pm	19 Open room 4:00 pm	20 2 hr early out	21	22
23	24 Open room- girls 6:15 pm	25 2 hr early out	26 Open room 4:00 pm body comp testing Girl's Parent Night 6:00 pm Lower commons	27 Open room 4:00 pm body comp testing Last day Q1	28 no school Girl's poster pics 11:00 am	29
30	31 First Practice P: 4:00 PM					

Linn-Mar Women's Wrestling Practice Schedule

November 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	October 31st First Practice P: 4:00 PM	1 P: 4:00 PM	2 P: 4:00 PM	3 P: 4:00 PM	4 P: 4:00 PM	5 P: 8:00 AM
6	No School P: 4:00 PM	8 P: 4:00 PM	9 P: 4:00 PM	10 P: 4:00 PM	11 P: 4:00 PM	12 P: 8:00 AM Pictures 10:00 am
13	Men's 1st practice P: 4:00 PM	15 P: 4:00 PM	16 P: 5:00 PM Lift 4:15 pm	17 P: 4:00 PM	18 P: 4:00 PM	19 Independence Invite 9:00 am bus 7:00 am
20	21 P: 4:00 PM	22 P: 4:00 PM	23 No school <u>P: 10:00 AM</u>	24 Thanksgiving No Practice	25 No school <u>P: 2:00 PM</u>	26 LM Duals
27	28 P: 4:00 PM	29 P: 4:00 PM	30 P: 4:00 PM no lift			

Linn-Mar Women's Wrestling Practice Schedule

◀ November		December 2022					January ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
				1 Donnybrook 12:00 pm bus 8:30 am	2 Donnybrook 10:00 am bus 6:30 am	3 Donnybrook Table workers Bus 6:45 am	
4	5 Williamsburg Invite 4:00 pm bus 1:30 pm	6 P: 4:00 PM	7 P: 5:00 PM Lift 4:15 pm	8 CR Jeff Dual tbd	9 P: 4:00 PM	10 No Practice	
11	12 Kennedy Invite 5:00 pm bus 3:00 pm	13 P: 4:00 PM	14 P: 5:00 PM Lift 4:15 pm	15 P: 4:00 PM IC west JV?	16 Battle of Waterloo tbd	17 Battle of Waterloo tbd	
18 Little Lions Tourney	19 IC Liberty invite 4:30 pm bus 2:30 pm	20 P: 4:00 PM	21 P: 5:00 PM Lift 4:15 pm	22 P: 4:00 PM	23 No school No Practice	24 No Practice	
25 Christmas	26 No school No Practice	27 No school No Practice	28 No school P: 10:00 AM	29 No school P: 10:00 AM	30 No school P: 10:00 AM	31 No Practice	

Linn-Mar Women's Wrestling Practice Schedule

January 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 New Year's Day	2 No school <u>P: 10:00 AM</u>	3 P: 4:00 PM	4 P: 5:00 PM Lift 4:15 pm	5 P: 4:00 PM City High JV?	6 P: 4:00 PM	7 Anamosa Invite 10:00 am 8:00 am
8 Little Lions Tourney	9 Anamosa Duals 5:30 pm bus 2:30 pm	10 P: 4:00 PM	11 P: 5:00 PM Lift 4:15 pm	12 CR Kennedy Dual 6:15 pm bus tbd	13 P: 4:00 PM	14 Oelwein Tourney 10:00 am 7:00 am
15	16 Solon Duals 3:00 pm Bus 1:00 pm No school	17 <u>P: 2:00 PM</u> No school	18 P: 5:00 PM Lift 4:15 pm	19 P: 4:00 PM CR Wash JV?	20 P: 4:00 PM	21 Conference Tourney @Prairie 10:00 am bus 7:00 am
22	23 P: 4:00 PM	24 P: 4:00 PM	25 P: 5:00 PM Lift 4:15 pm	26 P: 4:00 PM	27 Super Regional tbd	28
29	30 P: 4:00 PM	31 P: 4:00 PM				

February 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 P: 4:00 PM	2 Girl's STATE Tournament	3 Girl's STATE Tournament	4