

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 Noon Bus: 8:30 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 | | | | | | |