

## Linn-Mar Men's Wrestling Practice & Competition Calendar 2024-2025

◀ August	<b>September 2024</b>						October ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2 No School	3	4	5	6	7	
8	9	10 Open Room 4 pm	11	12 Open Room 4 pm	13	14	
15	16	17 Open Room 4 pm	18	19 Open Room 4 pm <i>HS Parent Conferences</i>	20	21	
22	23	24 Open Room 4 pm	25 <i>Homecoming Parade</i>	26 Open Room 4 pm	27	28	
29	30 No School						

◀ September	<b>October 2024</b>						November ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		1 Open Room 4 pm	2	3 Open Room 4 pm	4	5	
6	7	8 Open Room 4 pm	9	10 Open Room 4 pm	11	12	
13	14	15 Open Room 4pm	16	17 Open Room 4 pm	18	19	
20	21	22 <b>Early Release</b> Open Room 2 pm <b>Body Fat Testing</b> <i>K-8 Conferences</i>	23	24 <b>End Q1</b> <b>Early Release</b> Open Room 2 pm <b>Body Fat Testing</b> <i>K-8 Conferences</i>	25 No School  Poster Picture 10 am	26	
27	28	29 Open Room 4 pm	30	31 Open Room 4 pm			

◀ October	November 2024						December ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
Pictures: HS (11/23) 10am					1  FB Playoffs start	2	
3	4  No School	5  No School  Open Room 4 pm	6  Parent/Wrestler Meeting 6:30pm  Parent Social- Fieldhouse 1 <sup>st</sup> Ave	7  Open Room 4 pm	8	9	
10	11	12  Open Room 4 pm	13	14  Open Room 4 pm	15	16	
17	18  First Day of Practice  7:30 am – Lift 4 pm - Practice	19  4 pm – Practice	20  4 pm- Practice	21  4 pm- Practice	22  4 pm- Practice	23  8 am- Practice  10 am- Pictures	
24	25  7:30 am- Lift  4 pm- Practice	26  4 pm- Practice	27  No School  8 am- Practice	28  No School  No Practice	29  No School  4 pm- Practice Wrestle Offs	30  8 am- Practice Wrestle Offs  LM Women's Dual Tournament	

◀ November	December 2024						January ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<b>1</b>	<b>2</b> 7:30 am- Lift 4 pm- Practice	<b>3</b> 4 pm- Practice	<b>4</b> 7:30 am- Technique 4 pm- Practice	<b>5</b> JV/V @ Home vs. CR Kennedy 6:00 pm <i>-LMWC Night-</i>	<b>6</b> V @ Donnybrook 11:30 am Bus: 8:00 am <i>JV work tables</i>	<b>7</b> V @ Donnybrook 10:00 am Bus: 6:30 am	
<b>8</b>	<b>9</b> 7:30 am- Lift 4 pm- Practice JV @ CR Kennedy 5 pm Bus: 3:45 pm 9/10 @ Linn-Mar 6 pm	<b>10</b> 4 pm- Practice	<b>11</b> 7:30 am- Technique 4 pm- Practice	<b>12</b> JV/V @ Dubuque Senior B/G TBD	<b>13</b> 4 pm- Practice	<b>14</b> 8 am- Practice	
<b>15</b>	<b>16</b> 7:30 am- Lift 4 pm- Practice JV @ Vinton 4:30 pm Bus: 2:30 pm	<b>17</b> 4 pm- Practice	<b>18</b> 7:30 am- Technique 4 pm- Practice	<b>19</b> JV/V @ Home vs. IC West 6:00 pm	<b>20</b> V @ Battle of Waterloo TBD Bus: TBD	<b>21</b> V @ Battle of Waterloo TBD Bus: TBD JV @ North Linn 9 am Bus: 7:00 am	
<b>22</b> LMWC Developmental Tournament (10am – 4pm)	<b>23</b> No School No Practice	<b>24</b> No School No Practice	<b>25</b> No School No Practice	<b>26</b> No School No Practice	<b>27</b> No School No Practice	<b>28</b> 8 am- Practice	
<b>29</b>	<b>30</b> No School 8 am- Practice	<b>31</b> No School 8 am- Practice					

◀ December	January 2025						February ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1 No School 9 am- Practice	2 No School 8 am- Practice	3 No School 8 am- Practice <i>X-Golf</i>	4 8 am- Practice	
5	6 7:30 am- Lift 4 pm- Practice	7 4 pm- Practice	8 Finals 4 pm- Practice	9 ½ DayFinals JV/V @ Home vs. Western Dubuque B/G 5:00 pm  -Senior Night-	10 End Q2 ½ DayFinals 4 pm- Practice	11 (V) Linn-Mar Duals 9am  LMWR Social @ Fieldhouse 1 <sup>st</sup> Ave. 7 pm	
12 LMWC Tournament  8 am – 12 pm or 12 pm – 4 pm	13 No School 4 pm- Practice  9/10 @ CRX 6 pm Bus: 4:30 pm	14 4 pm- Practice	15 7:30 am- Technique  4 pm- Practice	16 JV/V @ IC Liberty B/G TBD	17 4 pm- Practice	18 JV @ Independence 9 am Bus: 6:30 am  V @ Ankeny 9:00 am Bus: 5:00 am	
19	20 No School 4 pm- Practice	21 4 pm- Practice	22 7:30 am- Technique  4 pm- Practice	23 4 pm- Practice	24 4 pm- Practice	25 JV @ Marshalltown 9 am Bus: 6 am  V @ Clinton 9 am Bus: 5 am	
26	27 7:30 am- Lift 4 pm- Practice  9/10 @ ICW 5 pm Bus: 3:00 pm	28 4 pm- Practice	29 7:30 am- Technique  4 pm- Practice	30 JV/V @ CR Xavier B/G TBD	31 4 pm- Practice		

◀ January	February 2025					March ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> (V) <b>MVC Tournament</b> @ CR Xavier 10 am Bus: 7:00 am
<b>2</b>	<b>3</b> 7:30 am- Lift 4 pm- Practice	<b>4</b> <b>Regional Duals</b> TBD Site: TBD Bus: TBD	<b>5</b> 4 pm- Practice	<b>6</b> 4 pm- Practice  <i>HS Parent Conferences</i>	<b>7</b> 4 pm- Practice	<b>8</b> V @ <b>State Duals</b> OR (V) 8:00 am- Practice JV @ MVC Tournament @ Waterloo West 10:00 am Bus: 6:30 am
<b>9</b>	<b>10</b> 7:30 am- Lift 4 pm- Practice	<b>11</b> 4 pm- Practice	<b>12</b> 4 pm- Practice	<b>13</b> 4 pm- Practice	<b>14</b> 4 pm- Practice	<b>15</b> V @ <b>Districts</b> Site: TBD ___ am Bus: TBD
<b>16</b> Meeting with State Qualifiers TBD	<b>17</b> 7:30 am- Lift 4 pm- Practice	<b>18</b> 3:30pm- Practice Leave for State (Des Moines) 5:00 pm	<b>19</b> <b>State Tournament</b> Weigh in: 7 am Session: 9 am	<b>20</b> <b>State Tournament</b> Weigh in: 7 am Session: 9 am	<b>21</b> <b>State Tournament</b> Weigh in: 7 am Session: 9 am	<b>22</b> <b>State Tournament</b> AM Session: 9 am Finals: 5:15 pm
<b>23</b>	<b>24</b>	<b>25</b> <b>Early Release</b> <i>K-8 Conferences</i>	<b>26</b> <i>Turn in Equipment &amp; Vote on Awards 4:00 pm</i>	<b>27</b> <b>Early Release</b> <i>K-8 Conferences</i>	<b>28</b> <b>No School</b>	

◀ February	March 2025					April ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12 Banquet Lower Commons 6:00 pm	13	14	15
16	17 Spring Break	18 Spring Break	19 Spring Break	20 Spring Break	21 Spring Break	22
23	24 Freestyle & Greco Season	25	26	27	28 End Q3	29
30	31 No School					