

March 2024						
◀ February						April ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
10	11 Spring Break	12 Spring Break	13 Spring Break	14 Spring Break	15 Spring Break	16
17	18	19 Practice @ Coe College 6-7:30 pm	20 Practice @ Cornell College 6-8:00 pm	21 Practice @ Coe College 6-7:30 pm	22	23
24	25	26 Practice @ Coe College 6-7:30 pm	27 Practice @ Cornell College 6-8:00 pm	28 Practice @ Coe College 6-7:30 pm	29	30
31 Easter						

April 2024						
◀ March						May ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Practice @ Coe College 6-7:30 pm	3 Practice @ Cornell College 6-8:00 pm	4 Practice @ Coe College 6-7:30 pm	5	6 Freestyle/ Greco @ Independence
7	8	9 Practice @ Coe College 6-7:30 pm	10 Practice @ Cornell College 6-8:00 pm	11 Practice @ Coe College 6-7:30 pm	12	13 Freestyle/ Greco @ West Delaware
14	15	16 Practice @ Coe College 6-7:30 pm	17 Practice @ Cornell College 6-8:00 pm	18 Practice @ Coe College 6-7:30 pm	19	20
21 Freestyle/ Greco @ Ankeny	22	23 Practice @ Coe College 6-7:30 pm	24 Practice @ Cornell College 6-8:00 pm	25 Practice @ Coe College 6-7:30 pm	26	27
28 Freestyle/ Greco @ Lisbon	29	30 Practice @ Coe College 6-7:30 pm				

May 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Practice @ Cornell College 6-8:00 pm	2 Practice @ Coe College 6-7:30 pm	3	4 State Freestyle @ SEP
5 State Greco @ SEP	6	7	8	9	10	11

Age Division	Birth Dates	Weight Class / Other Information
8U	2016-2017	Paired by Madison Block after Weigh-Ins
10U	2014-2015	Paired by Madison Block after Weigh-Ins
12U	2012-2013	Paired by Madison Block after Weigh-Ins
14U	2010-2011	Paired by Madison Block after Weigh-Ins
16U	2008-2009	Paired by Madison Block after Weigh-Ins
USA Junior	9/1/2004-2009	Paired by Madison Block after Weigh-Ins, no 8 th Graders

*** Please register under LMWC so our wrestlers do not have to wrestle each other until absolutely necessary!**

***We will discuss who is going to tournaments at the Coe practices the week before the tournament. We will attempt to organize a car pool for local tournaments if possible.**

Freestyle Tournament Costs

- Pre-Register = \$15 for freestyle or \$30 for both freestyle and greco
- Register at the door = \$25 for freestyle or \$50 for both freestyle and greco
- Coe/Cornell College freestyle practices cost \$\$\$. The LMWC will pay this fee!
- Rides to Coe/Cornell for practices- meet behind wrestling room at 5:30pm
- USA freestyle cards cost \$50 and need to be bought on-line
- @ www.iowawrestling.org

-you must have a freestyle card to practice at Coe/ Cornell and enter tournaments

Poster Requirements – Any wrestler that ended the season in good standing is eligible to be on the poster next year. All wrestlers logging at least 15 hours of off-season mat time can be on the poster. Any wrestler logging 30+ hours of mat time in the off-season will be placed farther up or more prominently in the poster formation. Wrestlers are responsible for logging their own hours.