

2025 September



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01	02	03	04	05	06
08 Open Room 4:00-5:30	09	10 Open Room 4:00-5:30	11	12	13
15 Open Room 4:00-5:30	16	17 Homecoming Parade 5:15-LMWC Float	18	19	20
22 Open Room 4:00-5:30	23	24 Open Room 4:00-5:30	25	26	27
29 Open Room 4:00-5:30	30	01	02	03	04
06	07	Notes:			



2025 October



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	01 Open Room 4:00-5:30	02	03	04
06 Open Room 4:00-5:30	07	08 Open Room 4:00-5:30	09	10	11
13 Open Room 4:00-5:30 *Body Composition Assessment can begin*	14 Parent Meeting 6:00pm Lecture Hall	15 Open Room 4:00-5:30	16	17	18
20 Open Room 4:00-5:30	21	22 Open Room 4:00-5:30	23	24 Poster Pictures- 10:00am White's Studio <div>Amy</div>	25
27 Open Room 4:00-5:30	28	29 Open Room 4:00-5:30	30	31	01
03	04	Notes:			



2025 November



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	01
03 First Day of Practice 4:00-6:15pm	04 Practice 4:00-6:15pm	05 Practice 4:00-6:15pm	06 Practice 4:00-6:15pm	07 Practice 4:00-6:15pm	08 Practice 10:00am Social Media Day/School Team Pictures
10 Practice 4:00-6:15pm	11 Practice 4:00-6:15pm	12 Practice 4:00-6:15pm	13 Practice 4:00-6:15pm	14 Practice 4:00-6:15pm	15 Practice 10:00am- 12:00pm
17 Independence JV Tournament-5:30pm Practice 4:00-6:15pm	18 CR Xavier @ LM High School JV-6:00/V- 7:00pm	19 Practice 6:00-7:45am	20 Practice 4:00-6:15pm	21 Independence Tournament-2:00pm (V) No Practice-JV	22 Independence Tournament- 10:00am (V) No Practice-JV
24 Practice 4:00-6:15pm	25 Midland Tournament- 3:30pm (JV) Practice 4:00-6:15pm	26 Practice 10:00am- 12:00pm	27 No Practice	28 Practice 12:00- 2:00pm	29 Linn-Mar Girls Dual Tournament- 10:00am (V)
01	02	Notes:			



2025 December



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01 CR Kennedy @ CR Kennedy HS JV-6:00 V-7:00	02 Practice-6:00- 7:45am	03 Practice 6:30-8:15pm	04 Dan Gable Donnybrook (V)- 11:30am	05 Dan Gable Donnybrook (V)- 8:30am	06 No Practice-Work Tables @ Donnybrook
08 Williamsburg Dual Tournament (V)- 4:00pm	09 Practice-6:00- 7:45am	10 Practice 6:30-8:15pm	11 Dubuque Senior @ Linn-Mar HS JV- 6:00pm V-7:15pm *LMWC Night*	12 Practice 4:00-6:15pm	13
15 Iowa City West @ ICW HS JV-6:00pm V- 7:00pm *2lb Growth Allowance*	16 Practice-6:00- 7:45am	17 Practice 6:30-8:15pm	18 Battle of Waterloo- (V)-9:00am	19 Practice 4:00-6:15pm	20 CR Prairie Tournament @CR Prairie HS- V- 10:00am JV- 11:00am
22 No Practice	23 No Practice	24 No Practice	25 No Practice	26 No Practice	27
29 Practice 10:00am- 12:00pm	30 Practice 10:00am- 12:00pm	31 Practice 10:00am- 12:00pm	01	02	03
05	06	Notes:			



2026 January



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	01 Practice 10:00am-12:00pm	02 Practice 10:00am-12:00pm	03
05 Practice 4:00-6:15pm	06 Practice-6:00-7:45am	07 Practice 6:30-8:15pm	08 Western Dubuque @ Western Dubuque HS JV-6:00/V-7:00	09 Practice 4:00-6:15pm	10 Tiger Invitational @ Cedar Falls 10:00am (V)
12 Practice 4:00-6:15pm	13 Practice-6:00-7:45am	14 Practice 6:30-8:15pm	15 Iowa City Liberty @ LM High School JV-6:00/V-7:15pm *Senior Night*	16 Ankeny Tournament-5:00pm (V)	17 No Practice
19 Practice 4:00-6:15pm	20 Practice-6:00-7:45am	21 Practice 6:30-8:15pm	22 Practice 4:00-6:00pm	23 Practice 4:00-6:15pm	24 MVC Tournament @ CR Kennedy HS 10:00am-V
26 JV CRANDIC @ CR Jefferson-5:00pm (JV) Practice 4:00-6:15pm	27 Practice-6:00-7:45am	28 Practice 6:30-8:15pm	29 Practice 4:00-6:00pm	30 Regional Wrestling Tournament @ TBD	31
02	03	Notes:			



2026 February



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31
02 Practice 4:00-6:15pm	03 Practice-6:30-8:15am	04 Practice 6:30-8:15pm	05 IGHSAU State Wrestling Tournamnet-Xtream Area. Coralville Session 2-4:30-9:00pm	06 IGHSAU State Wrestling Tournamnet-Xtream Area. Coralville Session 4 -1:00-3:30pm Session 5 -6:30pm-9:30pm	07
09	10	11	12	13	14
16	17	18	19	20	21
23	24	25	26	27	28

		Awards Banquet 6:00pm Lower Commons Cafeteria			
02	03				



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