



OCTOBER 2019

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

		01	02	03	04	05
			Folkstyle K-8--6:00-8:00pm HS--6:45-8:00pm	next-x 5:30-6:30pm WMFS 6:30-8:00pm		Grappler Fall Classic East Lansing, MI ES/MS/HS
06	07	08	09	10	11	12
Folkstyle K-8--9:00-11:00am HS--9:45-11:00am WMFS/Greco 11:00am-12:30pm	Folkstyle K-8--6:00-8:00pm HS--6:45-8:00pm	WMFS 6:30-8:00pm	Folkstyle K-8--6:00-8:00pm HS--6:45-8:00pm **Drop-in Special Only \$10**			Super 32 Greensboro, NC HS
13	14	15	16	17	18	19
Super 32 Greensboro, NC ES/MS/HS	Folkstyle K-8--6:00-8:00pm HS--6:45-8:00pm	Folkstyle K-8--6:00-8:00pm HS--6:45-8:00pm	Folkstyle K-8--6:00-8:00pm HS--6:45-8:00pm	next-x 5:30-6:30pm WMFS 6:30-8:00pm		Preseason Hammer Camp 10am-2pm Iron Elite Fall Nationals Waterloo, IA Gr.7-12 Boys/ Girls
20	21	22	23	24	25	26
Iron Elite Fall Nationals Waterloo, IA Gr. K-6 Boys/Girls WMFS/Greco 6:00-7:30pm	Folkstyle K-8--6:00-8:00pm HS--6:45-8:00pm	Folkstyle K-8--6:00-8:00pm HS--6:45-8:00pm	Folkstyle K-8--6:00-8:00pm HS--6:45-8:00pm	next-x 5:30-6:30pm WMFS 6:30-8:00pm	USAW Preseason Nationals Des Moines, IA HS Boys & Girls	USAW Preseason Nationals Des Moines, IA HS Boys & Girls
27	28	29	30	31		
USAW Preseason Nationals Des Moines, IA 8 th Gr. Down- Boys & Girls	Folkstyle K-8--6:00-8:00pm HS--6:45-8:00pm	Folkstyle K-8--6:00-8:00pm HS--6:45-8:00pm	Folkstyle K-8--6:00-8:00pm HS--6:45-8:00pm	next-x 5:30-6:30pm WMFS 6:30-8:00pm		

*WMFS=
Girls/Womens
Freestyle

*Greco=
Boys/Men
Greco

**All K-8
practices will
consist of
teaching
Technique/Drilling
/LIVE

**All High School
practices will be
mostly LIVE with
drilling &
technique as
needed

****BE SURE TO WATCH WHEN TO ORDER YOUR 2019-2020 X-FACTOR ELITE APPAREL & GEAR****