



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
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**		
12	13	14	15	16	17
Super 32 Greensboro, NC HS	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
18	19	20	21	22	23
Preseason Hammer Camp 10am-2pm Iron Elite Fall Nationals Waterloo, IA Gr.7-12 Boys/ Girls	Preseason Hammer Camp 10am-2pm Iron Elite Fall Nationals Waterloo, IA Gr.7-12 Boys/ Girls	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
24	25	26	27	28	29
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	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
30	31				
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****