

November 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Strength Training w/ Coach Gumble 7:30am	2	3 No Strength Training	4 7am sharp—Morning conditioning w/ Coach Vogel or Highsmith	5 Intro to Wrestling 0am in the wrestling room for Parent/ Wrestlers (New or returning)
6	7 Wrestling Season Starts Practice 4 to 6:30pm for whole team	8 Practice 4 to 6:30pm (whole team)	9 Team (A&B) list posted 8am on wres- tling room door Practice 3 to 5:30pm (Whole team)	10 Practice 4 to 6pm (Whole team) Parent Meeting 6:30pm in Portable 15	11 Vet Day—Student— OFF A Team Practice only 8am to 10am	12 A Team Practice only 8am to 10am
13	14 Start of Split Practice B-Team 7- 8:30am A-Team 4-6pm ALL PAYDAY DUE	15 A-team Strength Training 7:30am w/ Coach Gumble B-Team 7- 8:30am A-Team 4-6pm	16 B-Team 7- 8:30am A-Team 3-5pm	17 A-team Strength Training 7:30am w/ Coach Gumble B-Team 7- 8:30am A-Team 4-6pm	18 B-Team OFF A-Team 4-6pm	19 Weight Certification 9am (Mandatory) Cost \$10 Cash You're out in an hour
20	21 B-Team 7- 8:30am A-Team 4-5:30pm	22 B-Team 7- 8:30am A-Team 4-5:30pm	23 OFF FOR THANKSGIVING	24 OFF FOR THANKSGIVING	25 OFF FOR THANKSGIVING	26 OFF FOR THANKSGIVING
27	28 B-Team 7- 8:30am A-Team 4-6:30pm	29 A-team Strength Training 7:30am w/ Coach Gumble B-Team 7- 8:30am A-Team 4-6:30pm	30 B-Team 7- 8:30am A-Team 3-5pm			

December 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 NO A-team Strength Training B-Team 7- 8:30am A-Team 4-6pm	2 B-Team OFF A-Team 4-5:30pm	3 Matanzas Duals Both A-B Team at the school by 7:30am Depart by 8am Starts 10am
4	5 B-Team 7- 8:30am A-Team 4-6pm	6 A-team Strength Training 7:30am w/ Coach Gumble B-Team 7- 8:30am A-Team 4-6pm	7 B-Team No Practice Home Match vs Ridgeview (Both A & B Team) Starts 6:30pm	8 A-team Strength Training 7:30am w/ Coach Gumble B-Team 7- 8:30am A-Team 4-6pm	9 B-Team OFF A-Team 4-5:30pm	10 A-Team Depart for Fletcher Duals 7am Starts 9am
11	12 B-Team 7- 8:30am A-Team 4-6pm	13 A-team Strength Training 7:30am w/ Coach Gumble B-Team 7- 8:30am A-Team 4-6pm	14 B-Team 7- 8:30am Match @ Fletcher (Both A & B Team) Depart 4:30pm Starts 6pm	15 A-team Strength Training 7:30am w/ Coach Gumble B-Team 7- 8:30am A-Team 4-6pm	16 B-Team OFF A-Team Depart for Ridgeview Duals TBA	17 A-Team Depart for Ridgeview Duals 7am Starts 9:30am
18	19 Mid Term No practice	20 Mid Term No practice	21 Mid Term No practice	22 Winter Break No Practice	23 Winter Break No Practice	24 Winter Break No Practice
25	26 Winter Break Practice 8:30—10:30am (Whole Team)	27 Winter Break Practice 8:30—10:30am (Whole Team)	28 Winter Break Practice 8:30—10:30am (Whole Team)	29 Winter Break Practice 8:30—10:30am (Whole Team)	30 Winter Break Practice 8:30—10:30am (Whole Team)	31 Winter Break Practice 8:30—10:30am (Whole Team)

January 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Winter Break Practice 8:30— 10:30am (Whole Team)	3 Winter Break Practice 8:30— 10:30am (Whole Team)	4 Winter Break Practice 8:30— 10:30am (Whole Team)	5 Return to School B-Team 7- 8:30am A-Team 4-6pm	6 B-Team OFF A-Team 4-5:30pm	7 Battle at the Border @ Yulee (Both A & B Team) Depart at 6:30am Start 10am
8	9 B-Team 7- 8:30am A-Team 4-6pm	10 A-team Strength Training 7:30am B-Team 7- 8:30am A-Team 4-6pm	11 B-Team no practice Match @ Oakleaf (Both A & B Team) Depart 5:00pm Starts 7pm	12 A-team Strength Training 7:30am B-Team 7- 8:30am A-Team 4-6pm	13 B-Team OFF A-Team Depart @ 12pm for Osceola Duals Starts @ 4:15pm	14 Osceola IBT Tournament Starts @ 9am
15	16 MLK DAY— A-Team 8:30-10:30 am	17 A-team Strength Training 7:30am B-Team 7- 8:30am A-Team 4-6pm	18 B-Team 7- 8:30am Match @ Bartram Both A & B Team) Meet @ BT 5:30pm Starts 6:30pm	19 A-team Strength Training 7:30am B-Team 7- 8:30am A-Team 4-6pm	20 B-Team OFF A-Team 4-5:30pm	21 ALL OFF
22	23 B-Team 7- 8:30am A-Team 4-6pm	24 A-team Strength Training 7:30am B-Team 7- 8:30am A-Team 4-6pm	25 B-Team 7- 8:30am Match vs Nease (Both A & B Team) Starts 6:30pm	26 A-team Strength Training 7:30am B-Team 7- 8:30am A-Team 4-6pm	27 A & B Team Depart @ 11:30 am for Flagler IBT Starts @ 3pm	28 A & B Team Depart @ 6:30 am for Flag- ler IBT Starts @ 10pm
29	30 <u>B-Team practice</u> <u>Finish</u> A-Team 4-6pm	31 A-team Strength Training 7:30am A-Team 4-6pm				

February 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 A-Team 3-5pm	2 NO A-team Strength Training A-Team 4-6pm	3 A-Team depart for Clay IBT @ 11am Starts @ 3pm	4 A-Team depart for Clay IBT @ 7am Starts @ 9:30am
5	6 A-Team 4-6pm	7 A-team Strength Training 7:30am A-Team 4-6pm	8 Match vs NeaMiddleburg (SENIOR KNIGHT) (Both A & B Team) Starts 6:30pm	9 A-team Strength Training 7:30am OFF	10 A-Team 4-5:30pm	11 A-Team 8:30am-10:30am
12	13 A-Team 4-6pm	14 A-team Strength Training 7:30am A-Team 4-5:30pm	15 DISTRICT TOURNAMENT @ MATANZAS Depart 11:30am Starts @ 3pm	16 A-team Strength Training 7:30am OFF CONGRATS TO REGIONAL	17 A-Team Practice TBA TEACHER INSERVICE	18 A-Team 8:30am-10:30am
19	20 Prez Day—Students OFF A-Team 8:30-10:30am	21 A-team Strength Training 7:30am A-Team 4-6pm	22 A-Team 3-5pm	23 A-team Strength Training 7:30am A-Team 10-11am Depart at 12pm for Lincoln HS	24 REGIONAL TOURNAMENT @ LINCOLN, HS Starts @ 11am	25 REGIONAL TOURNAMENT @ LINCOLN, HS Starts @ 10am
26	27 CONGRATS TO THE STATE QUALIFIERS! A-Team 4-5:30pm	28 A-team Strength Training 7:30am A-Team 4-5:30pm				

March 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<i>1</i> A-Team 3-4:30pm	<i>2</i> State Qualifiers 10-11am Depart @ 12pm	<i>3</i> STATE TOURNAMENT @ SILVER SPUR ARENA IN KISSIMMEE Starts @ 10am	<i>4</i> STATE TOURNAMENT @ SILVER SPUR ARENA IN KISSIMMEE Starts @ 10am
<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>	<i>9</i>	<i>10</i>	<i>11</i>
<i>12</i>	<i>13</i>	<i>14</i>	<i>15</i>	<i>16</i>	<i>17</i>	<i>18</i>
<i>19</i>	<i>20</i>	<i>21</i>	<i>22</i>	<i>23</i>	<i>24</i>	<i>25</i>
<i>26</i>	<i>27</i>	<i>28</i>	<i>29</i>	<i>30</i>	<i>31</i>	