

December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Practice 2:30-5pm	3 PreMatch 2:30-3:30pm @ CBHS WI 5pm	4 Practice 2:30-5pm	5 Practice 2:30-5pm	6 Leaving for Houston @ Noon	7 Black Horse
8	9 Practice 2:30-5pm	10 PreMatch 2:30-3:30pm @Home WI 5pm	11 Practice 2:30-5pm	12 Practice 2:30-5pm	13 Travel to Chattanooga	14 Cleveland Duals
15	16 Practice 2:30-5pm	17 Workout 5-6:30am (Optional)	18 Workout 5-6:30am (Optional)	19 Workout 5-6:30am (Optional)	20 Practice Noon-2pm	21 Practice 7-8:30am
22	23 Practice 8-10am Wrestle offs*	24 Practice 8-9:30am (Optional)	25 OFF Merry Xmas	26 Practice 8-10am Travel to Birmingham	27 Heart of Dixie	28 Heart of Dixie
29	30 Practice 8-10am	31 Practice 8-10am				

MORNING WORKOUTS

THE TEAM WILL BE DISCUSSING STARTING THIS PROCESS AGAIN. INFORMATION ON THIS WILL BE FORTH COMING.

POAs

Tournament POAs will be out the week of the event on the TeamApp. This will include rosters. If you are a starter plan to be at these events

Exams

Workouts will be in the morning and optional. You are responsible for studying and keeping your weight in check during this time.

Christmas Break

Practices over the break are still mandatory. We will be practicing and traveling to wrestle over the break. Plan to be at these scheduled team functions.