

Ranger Wrestling November 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Conditioning w/Athletic Training Staff 3-4 pm	3 FH Elementary Program	4 Conditioning w/Athletic Training Staff 3-4 pm	5 FH Elementary Program	6 Conditioning w/Athletic Training Staff 3-4 pm	7
8	9 Conditioning w/Athletic Training Staff 3-4 pm	10 FHC Wrestling Team Meeting Room 112 3-3:30 pm	11 Conditioning w/Athletic Training Staff 3-4 pm	12 FH Elementary Program	13 Conditioning w/Athletic Training Staff 3-4 pm	14
15	16 First Practice 3-5 pm	17 Practice 3-5 pm	18 Practice 3-5 pm	19 Practice 3-5 pm T-Shirt & Gear issue	20 ALPHA Weigh-ins Team Pictures *Wear new team work- out shirts*	21 Chippewa Hills Scrimmage & Clinic 9 am to 12 pm
22	23 Practice 3-5 pm	24 Practice 3-5 pm	25 Practice 9 am	26 Happy Thanksgiving!	27 Off	28 Activity TBA
29	30 Practice 3-5 pm					