

November 2008

November 2008							December 2008						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
2	3	4	5	6	7	8	7	8	9	10	11	12	13
9	10	11	12	13	14	15	14	15	16	17	18	19	20
16	17	18	19	20	21	22	21	22	23	24	25	26	27
23	24	25	26	27	28	29	28	29	30	31			
30													

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 1						
2	3	4	5	6	7	8
9	10	11	12	13	14	15
	3:30pm Wrestling Clinic 6:30pm Parent Athete				3:30pm Body Comp Test	
16	17	18	19	20	21	22
	6:30am Lift 3:30pm Practice	3:30pm Practice	6:30am Run 3:30pm Practice	3:30pm Practice	6:30am Lift 3:30pm Practice 7:00pm Iowa State @ UW	8:30am Ultimate
23	24	25	26	27	28	29
	6:30am Lift 3:30pm Practice	8:30am Practice	12:30pm Practice	8:00am Off	3:00pm Practice	9:30am Scrimmage w/RV
30						

December 2008

December 2008							January 2009						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
7	1	2	3	4	5	6	4	5	6	7	1	2	3
14	8	9	10	11	12	13	11	12	13	14	15	16	17
21	15	16	17	18	19	20	18	19	20	21	22	23	24
28	22	23	24	25	26	27	25	26	27	28	29	30	31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	December 1	2	3	4	5	6
	6:30am Lift 3:30pm Practice	5:00pm Monroe Away	3:30pm Practice	6:30am Run 3:30pm Practice	6:30am Lift 3:30pm Practice	8:00am JV at Baraboo 8:00am Wausau West Dual
7	8	9	10	11	12	13
	6:30am Lift 3:30pm Practice	3:30pm Practice	6:30am Run 3:30pm Practice	3:30pm Practice	5:30pm Baraboo Take Down the House	8:00am Osh Kosh West Duals
14	15	16	17	18	19	20
	6:30am Lift 3:30pm Practice	5:00pm Portage Home	3:30pm Practice	6:30am Run 3:30pm Practice 6:00pm Culvers Night	6:30am Lift 3:30pm Practice	8:00am JV @ Mineral Point 8:00am Stoughton Invite
21	22	23	24	25	26	27
	6:30am Lift 3:30pm Practice	6:30am Run 3:30pm Practice	8:00am Warm up and grind	8:00am Merry Christmas	3:00pm Practice	8:00am Badger State @ UW Fieldhouse
28	29	30	31			
	off	off	8:30am Practice			

January 2009

January 2009							February 2009						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14
11	12	13	14	15	16	17	15	16	17	18	19	20	21
18	19	20	21	22	23	24	22	23	24	25	26	27	28
25	26	27	28	29	30	31							

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				January 1, 2009		2
				8:30am Warm up and grind	8:30am Practice	3
4	5	6	7	8	9	10
	6:30am Lift 3:30pm Practice	6:30am Run 3:30pm Practice	3:30pm Practice	5:00pm Waunakee Away	3:30pm Practice	8:00am Eagle Invite V & JV
11	12	13	14	15	16	17
	6:30am Lift 3:30pm Practice	5:00pm Mt Horeb Away	3:30pm Practice	3:30pm Practice	6:30am Lift 3:30pm Practice	8:00am JV @ Middleton 8:00am Varsity Drill
18	19	20	21	22	23	24
	6:30am Lift 3:30pm Practice	5:30pm Deforest Home	6:30am Run 3:30pm Practice	3:30pm Practice 6:00pm Culvers Night	6:30am Lift 3:30pm Practice	8:00am Clinton Iowa Tournamen
25	26	27	28	29	30	31
	6:30am Lift 3:30pm Practice	5:00pm Reedsburg Away	3:30pm Practice	6:30am Run 3:30pm Practice	6:30am Lift 3:30pm Practice	8:00am JV @ Lancaster 8:00am Varsity Run

February 2009

February 2009							March 2009						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	1	2	3	4	5	6	7
8	9	10	11	12	13	14	8	9	10	11	12	13	14
15	16	17	18	19	20	21	15	16	17	18	19	20	21
22	23	24	25	26	27	28	22	23	24	25	26	27	28
							29	30	31				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 1	2	3	4	5	6	7
	6:30am Lift 3:30pm Practice	3:30pm Practice	6:30am Run 3:30pm Practice	3:30pm Practice	Conference @ Oregon	
8	9	10	11	12	13	14
	6:30am Lift 3:30pm Practice	6:30am Run 3:30pm Practice	6:30am Run 3:30pm Practice	3:30pm Practice	3:30pm Practice	12:00am Regionals @ DeForest
15	16	17	18	19	20	21
	6:30am Lift 3:30pm Practice	3:30pm Practice 7:00pm Team Sectional @	3:30pm Practice	3:30pm Practice	3:30pm Practice	12:00am Sectionals @ Middleton
22	23	24	25	26	27	28
12:00am SP Youth Invite	3:30pm Practice	3:30pm Practice	3:30pm Practice	State @ Kohl Center		