

Sheet1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	11/17/14	11/18/14	11/19/14	11/20/14	11/21/14	11/22/14
	Long Practice	Long Practice	Long Practice	Long Practice	Long Practice	Long Practice
11/23/14	11/24/14	11/25/14	11/26/14	11/27/14	11/28/14	11/29/14
	Long Practice	Long Practice	Long Practice	Thanksgiving Day	Optional Long Practice	Long Practice
11/30/14	12/01/14	12/02/14	12/03/14	12/04/14	12/05/14	12/06/14
	Long Practice	Long Practice	Long Practice	Klahowya Dual	Chief Sealth Invite	Long Practice
12/07/14	12/08/14	12/09/14	12/10/14	12/11/14	12/12/14	12/13/14
	Practice	Practice	Bremerton Dual	Practice	JV Olympic Tournament	La Center Invite
12/14/14	12/15/14	12/16/14	12/17/14	12/18/14	12/19/14	12/20/14
	Practice	Practice	Olympic Dual	Practice	Hammerhead Invite	Hammerhead Invite (Men & Women)
12/21/14	12/22/14	12/23/14	12/24/14	12/25/14	12/26/14	12/27/14
	Practice	Practice	Practice	Christmas Day	Hawkins JV Tournament (North Mason)	North Mason Tournament
12/28/14	12/29/14	12/30/14	12/31/14	01/01/15	01/02/15	01/03/15
	Practice	Practice	Practice	Optional Practice	Practice	Bremerton Invite
01/04/15	01/05/15	01/06/15	01/07/15	01/08/15	01/09/15	01/10/15
	Practice	Practice	Practice	Sequim Dual	Practice	Bainbridge Island Invite
01/11/15	01/12/15	01/13/15	01/14/15	01/15/15	01/16/15	01/17/15

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	Practice	North Mason & Kingston Duals	Practice	Port Townsend Dual	Practice	Youth Tournament
01/18/15	01/19/15	01/20/15	01/21/15	01/22/15	01/23/15	01/24/15
	Practice	Practice	Practice	Practice	Practice	Lakes Invite (Men & Women)
01/25/15	01/26/15	01/27/15	01/28/15	01/29/15	01/30/15	01/31/15
	Practice	Practice	Practice	Port Angeles Dual	Practice	FPHS Invite Girls & JV
02/01/15	02/02/15	02/03/15	02/04/15	02/05/15	02/06/15	02/07/15
	Practice	Practice	Practice	Practice	Districts	Districts
02/08/15	02/09/15	02/10/15	02/11/15	02/12/15	02/13/15	02/14/15
	Practice	Practice	Practice	Practice	Practice	Regionals
02/15/15	02/16/15	02/17/15	02/18/15	02/19/15	02/20/15	02/21/15
	Practice	Practice	Practice	Practice	State	State

Sample Daily/Normal Practice Schedule

02:45 PM Jog on Track
 02:55 PM Stretches
 03:00 PM Announcements/Snacks & Video
 03:15 PM Conditioning & EDDs (Every Day Drills)
 03:55 PM Focus Drill 1 (Instruction, Drill, Live)
 04:10 PM Focus Drill 2 (Instruction, Drill, Live)
 04:25 PM Situation & Live Wrestling
 05:00 PM Wrestling Related Game
 05:10 PM Varsity Advanced Drilling, JV Showers
 05:15 PM
 05:20 PM
 05:30 PM End of Practice/Roll up Mats/Shower

Sample Long Practice Schedule

Jog on Track
 Stretches
 Announcements/Snacks & Video
 Conditioning & EDDs (Every Day Drills)
 Focus Drill 1 (Instruction, Drill, Live)
 Focus Drill 2 (Instruction, Drill, Live)
 Situation & Live Wrestling
 Focus Drill 3 (Instruction, Drill, Live)
 Focus Drill 4 (Instruction, Drill, Live)
 Wrestling Related Game
 End of Practice/Roll up Mats/Shower

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Mondays will be a heavy lift day
 Wednesdays after early release we will lift (as long as no Dual)