

# Practice Schedule

Mondays 6:00-7:30PM Advanced

Tuesdays 5:30-6:30PM Novice

Tuesdays 6:30-7:30PM Advanced

Wednesday 5:30 - 6:30 Novice

Thursdays 6:00-7:30PM Advanced

Fridays 5:30-7PM ALL ↪

Wrestlers attending Saturday's tournament

**\*All practice updates will be sent through  
REMIND & our Facebook. Please make sure  
you're set up with either of those options to  
receive season updates**