November 2016 skyviewstormwrestling.weebly.com

SKYVIEW STORM WRESTLING
"DO YOU HAVE THE MENTAL EDGE?"
TRUST, INTEGRITY, EXCELLENCE, ALWAYS!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14 **1Hr Early** **1st Practice** 2:30-5:15pm Expectations! Routines!	15 Practice 2:30-5:15pm	16 *Faculty Meeting* Practice 2:30-5:15pm weights	17 Practice 2:30-5:15pm	18 Practice 2:30-5:15pm weights	19 Practice 9:00am-12:00 WWOD
20	21 Practice 2:30-5:15pm **Parents Meeting** **6:00-8:00pm**	22 Practice 2:30-5:15pm	23 *Thanksgiving Break* Practice 9:00am-12:00 WWOD	24 *Thanksgiving Day* Turkey Trot and Rules Clinic 9:00am-11:00am	25 *Thanksgiving Break* Practice 9:00am-12:00	26 Practice 9:00am-12:00 WWOD
27	28 **1Hr Early** *Study Hall &* Practice 2:30-5:15	29 **Fundraiser Meeting** 2:30 Sharpe's Rm 703A Bring phone or iPad **Jamboree @ Prairie 4PM**	30 Practice 2:30-5:15			

Reminders:
-Wrestlers must have 12 practices to compete.
- First weekend of competition is Dec. 3rd.
- Weight assessments TBA. Jeff K.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 **Home: VPS Double Dual TBA**	2 Pre-Match Practice 2:30-4:30	3 ***Varsity Boys@ Timberline** ***Girls/JV @ CR**
4	5 Practice 2:30-5:15 *Challenges*	6 Practice 2:30-5:15	7 **@ Mt. View** **5:30 JV** **7:00 Varsity** Bus Leaves 3:30	8 Practice 2:30-5:15	9 Pre-Match Practice 2:30-4:30	10 ***Varsity Boys@ La Center Classic** JV Practice TBA Girls Team Brunch
11	12 **1Hr Early** *Study Hall &* Practice 2:30-5:15 *Challenges*	13 Pre-Match Practice 2:30-4:30	14 **@ Camas** **5:30 JV** **7:00 V** **Bus Leaves 3:30**	15 *Varsity Boys leave for Bremerton after Practice 2:30?* JV/Girls practice	16 **Varsity Boys Day 1 Hammerhead** **10:00 AM** Girls Leave for HH JV Practice	17 ***Varsity Boys Day 2 Hammerhead/** ***Girls 10:00am** ***JV @ FVJV Tourney**
18	19 Winter Break Practice 9:00-11:00am	20 Winter Break Practice 9:00-11:00 am	21 Winter Break Practice 9:00-11:00am	22 Winter Break Practice 9:00-11:00 am **Seniors Toy Drive After practice.**	23 Winter Break NO PRACTICE	24 Winter Break NO PRACTICE
25 Christmas Day	26 Winter Break Practice 9:00-11:00am *Challenges*	27 Winter Break Practice 9:00-11:00am	28 Winter Break Mat to Mt.V Practice 9:00-11:00am	29 ***Varsity Boys @ Pac Coast - Mt.V** **10:00am** JV/Girls Practice 9:00-11:00am	30 ***Varsity Boys @ Pac Coast - Mt.V** **10:00 am** *JV@ Washougal 9:00-11:00 am Girls NO PRACTICE	31 NO PRACTICE

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 No School Practice 2:30-5:00 *Challenges*	3 Pre-Match Practice 2:30-4:30	4 **Home: Union** **5:30pm JV** **7:00pm Varsity**	5 Practice 2:30-5:00	6 **Girls @ Kelso –** **Leave after School** Varsity/JV Pre-Match Practice 2:30-4:30	7 **Girls/JV@** **Kelso Tourney** **9:30am** Two-Way Bus TBA
8	9**1Hr Early** *Study Hall &* Practice 2:30-5:00 *Challenges*	10 Pre-Match Practice 2:30-4:30	11 **Home: BG** **5:30 JV** **7:00 Varsity**	12 Pre Match Practice 2:30-4:30	13 **Varsity Boys/Girls** **CC Tourney@ HB** **4:00pm** JV practice.	14 **Varsity Boys/Girls** **CC Tourney@ HB** **10:00am** No JV practice
15	16 **MLK** **No school.** Practice 2:30-5:00 *Challenges*	17 Practice 2:30-5:00	18 Practice 2:30-5:00	19 Practice 2:30-5:00	20 **Girls @ Lumberjill** **Classic 3:30pm** V/JV Pre-Match Practice 2:30-4:30	21 **Varsity Boys @** **Lumberjack** **Classic. 10:00am** JV practice.
22	23 **1Hr Early** *Study Hall &* Practice 2:30-5:00 *Challenges*	24 Pre-Match Practice 2:30-4:30	25 **@ Heritage** **5:30 JV** **7:00 Varsity** Bus Leaves: 3:30	26 Practice 2:30-5:00	27 Practice 2:30-5:00	28 **JV/Girls @** **Prairie JV Tourney.** **10:00 am** Varsity Practice 9:00-11:00am
29	30 Practice 2:30-4:30 *Final Challenges Top Two =Districts	31 Practice 2:30-4:30				

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Practice 2:30-4:30	2 Practice 2:30-4:30	3 Practice 2:30-4:30	4 **4A District Tourney** **TBA Varsity** **Boys/Girls**
5	6 ***All Qualifiers & alternates to Reg.*** Practice 2:30-4:30	7 Practice 2:30-4:30 **Turn in Gear!**	8 Practice 2:30-4:30 **Turn in Gear!**	9 Practice 2:30-4:30 **Turn in Gear!**	10 Travel to Reg.? Practice 2:30-4:30	11 **Boys/Girls 4A Regionals. TBA**
12	13 **1Hr Early** *Study Hall &* 2:30-4:30 ***All State Qualifiers& alternates.***	14 Practice 2:30-4:30 **Turn in Gear!**	15 Practice 2:30-4:30 **Turn in Gear!**	16 **Leave for State after 3rd period.** Practice in Dome. "itinerary"	17 **4A State Tourney** **Tacoma Dome** **10:00am**	18 **4A State Tourney** **Tacoma Dome** **10:00am**
19	20 *Seasons Over!* **Join Silverbacks.** Wrestling Banquet TBA	21	22	23	24	25
26	27	28				