

## TENTATIVE 2016-2017 SEASON PLAN

\*Monday Practices are 3 hour; all other practices will be 2 hours in length.\*

### NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Pre-Season Workout @3:45pm (Senior Led)	2 Pre-Season Workout @3:45pm (Senior Led) Team Meeting All Levels 3:45 pm	3 Pre-Season Workout @3:45pm (Senior Led)	4 Pre-Season Workout @3:45pm (Senior Led)	5
6	7 1 <sup>st</sup> Day of Practice V/JV/FR: 3:45  <i>Captain Lead Varsity Only Conditioning 6:00am</i>	8 Practice V/JV/FR: 3:45  <i>Captain Lead Varsity Only Conditionin g 6:00am</i>	9 Practice V/JV/FR: 3:45  <i>Captain Lead Varsity Only Conditioning 6:00am</i>	10 Practice V/JV/FR: 3:45  <i>Captain Lead Varsity Only Conditioning 6:00am</i>	11 Practice V/JV/FR: 3:45  <i>Captain Lead Varsity Only Conditioning 6:00am</i>	12 Practice All Levels 9:00 am  <i>Captain Lead Varsity Only Conditioning 6:00am</i>
13	14 Practice V/JV/FR: 3:45-6:45pm	15 Practice V/JV/FR: 3:45	16 Practice V/JV/FR: 3:45	17 Practice V/JV/FR: 3:45	18 Practice V/JV/FR: 3:45	19
20	21 Practice V/JV/FR: 3:45-6:45pm	22 Practice  V/JV/FR: 3:45	23 <b>No School</b> ----- All Levels@ Home V. Zion Benton 9:00am	24 <b>No School</b> ----- Varsity Practice TBD	25 <b>No School</b> ----- Practice All Levels 9:00 AM	26 V @ McHenry w/York, Montini, Prov- Catholic, 9:00 am JV @ Warren Quad 9:00 am Fr @ York w/ Leyden, St Pats 8:00 am
27	28 Practice V/JV/FR: 3:45-6:45pm	29 Practice V/JV/FR: 3:45pm	30 Practice V/JV/FR: 3:45pm			

## DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 All Levels@ Home V. Stevenson 5:30pm	2 Practice V/JV/FR: 3:45	3 V @ Maine S. w/ St. Pats, Antioch 9:00 am JV @ Deerfield Tournament 9:00 am Fr @ Carmel Tournament 9:00am?
4	5 Practice  V/JV/FR: 3:45-6:45p m	6 Practice  V/JV/FR: 3:45	7 Practice  V/JV: 5:30 AM FR: 3:45	8 Practice  V/JV/FR: 3:45	9 All Levels @ Waukegan Time: TBD	10 V/JV @ Niles West, Reavis, R. Meadows 9:00 am
11	12 Practice  V/JV/FR: 3:45- 6:45pm	13 Practice  V/JV/FR: 3:45	14 Practice  V/JV/FR: 3:45	15 All Levels@ Home V. Lake Forest 5:30pm	16 All Levels @ Warren 5:30pm  Early Release	17 V @ Lake Park Tournament 9:00 am JV @ Glenbard E Tournament 9:00 am FR.@ Vernon Hills Tournament 9:00 am
18	19 Finals ----- Practice V/JV/FR: 1:30-4:30p m	20 Finals ----- Practice V/JV/FR: 1:30pm	21 No School  Practice V/JV/F 9:00 AM	22 No School  Practice V/JV/F 9:00 AM	23 No School V@ Woodstock Quad 9:00 AM Practice F/JV-Off	24 Christmas Eve  Off

25 Christmas	26 <b>No School</b>	27 <b>No School</b>	28 <b>No School</b>	29 <b>No School</b>	30 <b>No School</b>	31 <b>No School</b>
Varsity- Possible Weight Control Workout- 7:00pm	V/JV/F 9:00am  Varsity- Weight Control Workout- 7:00pm	V @ Palatine Tournamen t 9:30 am  JV/F 9:00am	V @ Palatine Tournament 9:30 am  JV/F 9:00am	-- JV @ Libertyvill e Tournamen t 9:00 am V/F- 9:00am	V@ Lakes Quad 9:00 AM JV@ Carmel Quad 9:00 AM F@ Carmel Quad 9:00 AM	F@ Grant Quad 9:00 AM

# JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 <del>No School</del> V/JV/F 9am-12:00pm	3 <del>No School</del> V/JV/F 9:00am	4 <del>No School</del> <i>Teacher Institute Day Practice will be normal time!</i> V/JV/FR: 3:45	5 <del>School Resumes</del> V/JV/FR: 3:45	6 All Levels @ Home vs. Libertyville 5:30 pm  <b>SENIOR NIGHT</b> Get some <b>WUSSY-CAT!</b>	7 V@ Sycamore Tournament 9:00 am?? JV @ Highland Park, C. Grove, L Zurich, & Carmel 10:00 am FR. @ Libertyville Tournament 9:00 am V/JV 9:00am
8	9 Practice V/JV/FR: 3:45-6:45 pm	10 Practice V/JV/FR: 3:45	11 Practice V/JV/FR: 3:45	12 Practice V/JV/FR: 3:45	13 Practice V/JV/FR: 3:45	14 V @ Grant w/ Notre Dame 9:00 am JV @ West Chicago Tournament 9:00 am FR.@ Maine S Mega Duals 9:00 am
15	16 <del>No School</del> Martin Luther King Day Practice V/JV/FR: 9am-12:00pm	17 Practice V/JV/FR: 3:45	18 Practice V/JV/FR: 3:45	19 Practice V/JV/FR: 3:45	20 All Levels @ Lake Zurich Time: 5:30pm	21 So @ Ott Bay Tournament (Waukegan) 9:00 am FR. @ St. Patrick Tournament 8:30 am
22 Wrestling Factory Tournament @MHS -All MHS Athletes are required to be there and work, this is our fundraiser!	23 <del>No School</del> ----- Practice All Levels 9am-12:00pm	24 Practice V/JV/FR: 3:45	25 Practice V/JV/FR: 3:45	26 Practice V/JV/FR: 3:45	27 V @ Lake County Invitational @Zion Benton Time: 4:00pm	28 V @ Lake County Invitational @Zion Benton Time: 9:00am JV @ Warren NSC Invite @9:00am

29	30 Practice V/JV/FR: 3:45-6:45 pm ----- ----- Fr Equipme nt Return	31 Practice V/JV/FR: 3:45				
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## FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Practice V/JV/FR: 3:45	2 Practice V/JV/FR: 3:45	3 Practice V/JV- 3:45 PM ----- Fr Equipment Return @3:45pm	4 IHSA REGIONALS @ TBD
5	6 Practice  V - 3:45 PM ----- JV Equipment Return @3:45pm	7 Practice  V - 3:45 PM	8 Practice  V - 3:45 PM	9 Practice  V - 3:45 PM	10 IHSA SECTIONALS @ Barrington	11 IHSA SECTIONALS @ Barrington
12	13 Practice V - 3:45PM	14 Practice V - 3:45PM	15 Practice V - 3:45 PM Head to Champaign	16 IHSA STATE FINALS @ U of I	17 IHSA STATE FINALS @ U of I	18 IHSA STATE FINALS @ U of I
19  * Varsity Practice 4:00 PM	20 <del>NO SCHOOL</del> President's Day  Practice * V - 3:45 PM	21 IHSA TEAM SECTIONAL S @ TBD	22 Practice  V - 3:45 PM	23 Practice  V - 3:45 PM	24 Practice  V - 3:45 PM	25 IHSA TEAM STATE @ TBD

\* Practice the week of 2/20 will be held if we qualify for the Team State Tournament. If we do not, the final day of practice will be the 2/16