

LIGHTNING WRESTLING

December 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat																																																																																																									
		1 4TH SH/DRILL PRACTICE 3-6	2 4TH SH/DRILL 3-4 GYM SET UP 4 WEIGH IN 5 MATCH VS WESTERN	3 4TH SH/DRILL EARLY RELEASE PRACTICE 12-2	4 4TH SH/DRILL PRACTICE 3-5	5 VETERAN JV AT MIAMI PALMETTO ROOKIES AT SOUTH BROWARD																																																																																																									
6	7 4th SH/Drill BPS 3-4 PRACTICE 4-6	8 4TH SH/DRILL PRACTICE 3-6	9 4th SH/Drill BPS 3-4 JV QUAD AT WESTERN PRACTICE 4-6	10 4TH SH/ DRILL PRACTICE 3-6 HOLIDAY PRACTICE FORM DUE	11 4TH SH VARSITY AT WESTERN JV PRACTICE 3-5	12 VARSITY AT WESTERN JV AT MONARCH																																																																																																									
13	14 4th SH/Drill BPS 3-4 PRACTICE 4-6	15 4TH SH/DRILL PRACTICE 3-6	16 4th SH/Drill BPS 3-4 PRACTICE 4-6	17 4TH SH/DRILL PRACTICE 3-6	18 VARSITY AT MIAMI CORAL PARK 4TH SH JV PRACTICE 3-5	19 VARSITY AT COARL PARK JV AT FT LAUDERDALE																																																																																																									
20	21 PRACTICE 10-12	22 PRACTICE 10-12	23 PRACTICE 10-12	24 NO PRACTICE	25 NO PRACTICE	26 PRACTICE 10-12																																																																																																									
27	28 PRACTICE 10-12	29 PRACTICE 10-12	30 PRACTICE 10-12	31 PRACTICE 10-12																																																																																																											
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