

LIGHTNING WRESTLING

NOVEMBER 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat																																																																																				
1	2 4TH HOUR-STUDY HALL BPS 3-4 PRACTICE 4-6	3 4TH HOUR S.H./CONDITIONING 2:00 3-6 PRACTICE DISCOUNT CARD SALE BEGINS	4 4TH- S.H. BPS 3-4 PRACTICE 4-5:30 CARD SALE CONTINUES	5 4TH SH/ CONDITIONING 3-6 PRACTICE CARD SALE CONT.	6 4TH PRACTICE 3-4:15 PRACTICE CARD SALE CONTINUES	7 CARD SALE CONTINUES TBA																																																																																				
8	9 4TH- PRACTICE (34) 3-4 BPS 4-5:30 PRACTICE(34) CARD SALE CONTINUES	10 4TH SH ALL OTHER PRACTICE TBA	11 NO SCHOOL PRACTICE 10-12 BODY COMPOSITION TEST CARD SALE CONTINUES	12 4TH SH/ CONDITIONING PRACTICE 3-6 BLUE/GOLD MATCH 6-9PM	13 4TH PRACTICE PRACTICE 3-4:15 CARD MONEY DUE TOMORROW	14 CARD MONEY DUE PRESEASON CLASSIC AT FLANAGAN BE AT SCHOOL BY 7AM CARD SALE AT PUBLIX TBA																																																																																				
15 CARD SALE AT PUBLIX TBA	16 4TH SH/CONDITIONING 3-4 BPS 4-6 PRACTICE	17 4EARLY RELEASE PRACTICE 12-2	18 4TH SH/CONDITIONING 3-4 BPS 4-6 PRACTICE	19 4TH SH PRACTICE 3-6 BLUE-GOLD MATCH 6PM	20 4TH PRACTICE 3-4:15 PRACTICE	21 J																																																																																				
22	23 4TH SH/CONDITION BPS 3-4 PRACTICE 4-6	24 4TH S H /DRILL 3-6 PRACTICE	25 4TH S H /DRILL BPS 3-4 PRACTICE 4-6	26 NO PRACTICE NO SCHOOL THANKSGIVING	27 PRACTICE 10-12 SEAHORSE OPEN TBA	28 SEAHORSE OPEN TBA																																																																																				
29	30 4TH SH/ DRILL BPS 3-4 PRACTICE 4-6																																																																																									
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