

## Rochester Zebra Wrestling Practice/Match Schedule-High School

### October/November

S	M	T	W	T	F	S
	10/31/16 Practice: 3:30-6:00 pm <b>BF Testing Starts</b>	11/1/16 Practice: 3:30-6:00 pm	11/2/16 Practice: 3:30-6:00 pm <b>Parent Meeting-6:15 pm</b>	11/3/16 Practice: 3:30-6:00 pm	11/4/16 Practice: 3:30-6:00 pm	11/5/16 Practice: 9:00am-12:00pm
11/6/16	11/7/16 Practice: 3:30-6:00 pm	11/8/16 Practice: 6:15-7:20am Practice: 3:30-5:15pm	11/9/16 Practice: 3:30-6:00 pm	11/10/16 Practice: 6:15-7:20am Practice: 3:30-5:15pm	11/11/16 Practice: 3:30-6:00 pm	11/12/16 Practice: 9:00am-12:00pm
11/13/16	11/14/16 Practice: 3:30-6:00 pm	11/15/16 Practice: 6:15-7:20am Practice: 3:30-5:15pm	11/16/16 Practice: 3:30-5:00 pm	11/17/16 Practice: 6:15-7:20am Practice: 3:30-4:45pm	11/18/16 <b>Last Day of Body Fat Testing</b> Practice: 3:30-4:45 pm	11/19/16 <b>Bus-(V) 7:00am (V) SB Clay SD-9:30 am JV-Lift/Run/Pr - 9-11am</b>
11/20/16	11/21/16 Practice: 6:15-7:20am Practice: 3:30-6:00pm	11/22/16 Practice: 6:15-7:20am Practice: 3:30-6:00pm	11/23/16 Practice: 9am-12pm	11/24/16 <b>Thanksgiving No Practice</b>	11/25/16 <b>Earned Time Off (ETO) or Practice: TBD</b>	11/26/16 <b>Earned Time Off (ETO) or Practice: TBD</b>
11/27/16	11/28/16 Practice: 3:30-6:00 pm	11/29/16 Practice: 6:15-7:20am Practice: 3:30-5:00pm	11/30/16 Practice: 3:30-6:00 pm			

### November/December

S	M	T	W	T	F	S
11/1/00						
				12/1/16 Practice: 6:15-7:20am Practice: 3:30-5:00pm	12/2/16 Practice: 3:30-6:00 pm (V) Practice: 3:30-5:00pm (JV)	12/3/16 <b>V-Practice 8-11am JV @ CMA - 9:00 am Bus: 7:00 am</b>
12/4/16 <b>JS Duals Table Help (All)</b>	12/5/16 Practice: 6:15-7:20am Practice: 3:30-5:15pm	12/6/16 Practice: 6:15-7:20am Practice: 3:30-4:45pm	12/7/16 <b>6:30pm Triton/N. Miami @ Triton Here: 3:20pm/Bus @4:00pm</b>	12/8/16 Practice: 3:30-5:00 pm	12/9/16 Practice: 3:30-4:45 pm	12/10/16 <b>(V)LOG-8:30am (JV)Plymouth-9:00am Bus-(V)6:15am/(JV)7:00am</b>
12/11/16	12/12/16 Practice: 3:30-6:00 pm	12/13/16 Practice: 6:15-7:20am Practice: 3:30-5:15pm	12/14/16 Practice: 3:30-5:15 pm	12/15/16 Practice: 6:15-7:20am Practice: 3:30-4:45pm	12/16/16 Practice: 3:30-4:45 pm	12/17/16 <b>(V)Wawasee-9:00am (JV)N. Miami Inv.-9:00am Bus-(V)6:15am/(JV)6:30am</b>
12/18/16	12/19/16 Practice: 3:30-6:00 pm	12/20/16 Practice: 6:15-7:20am Practice: 3:30-5:15pm	12/21/16 Practice: 9am-11:30am	12/22/16 <b>Pr: 9am-11:30am Set Up Gym @ Noon Make Weight: 6-7pm</b>	12/23/16 <b>Here: 7:15am (V)RHS Inv.-9:00am JV - All Work</b>	12/24/16 <b>CHRISTMAS EVE NO PRACTICE</b>

### December/January

S	M	T	W	T	F	S
12/25/16	12/26/16 Practice: 5:00-7:30 pm (V/JV)	12/27/16 <b>JV @ NP: 9am Bus: 6:15am Practice: 9am-12pm(V)</b>	12/28/16 Practice: 9-11am Make Weight: 5-6:30pm	12/29/16 <b>Bus-6:15am (V)Mish. Inv.-10:00am JV No Practice</b>	12/30/16 <b>Bus-6:15am (V)Mish. Inv.-9:30am JV No Practice</b>	12/31/16 <b>NO PRACTICE</b>
1/1/17	1/2/17 <b>NO PRACTICE</b>	1/3/17 <b>NO PRACTICE</b>	1/4/17 Practice: 3:30-6:00 pm	1/5/17 Practice: 6:15-7:20am Practice: 3:30-5:15pm	1/6/17 Practice: 3:30-6:00 pm (V) Practice: 3:30-5:00pm (JV)	1/7/17 <b>Bus-(JV)6:00am (JV)Northfield Inv.-9:00am (V)Practice: 9-11:30 am</b>
1/8/17	1/9/17 Practice: 3:30-5:30pm	1/10/17 Practice: 6:15-7:20am Practice: 3:30-4:45pm	1/11/17 Practice: 3:30-4:45pm	1/12/17 <b>Pr: 6:15-7:20am Whitko(H)-6:30pm-Sr. Night Here: 3:45pm/SetUp: 5:15pm</b>	1/13/17 Practice: 3:30-5:00 pm <b>Setup: After Bball Game</b>	1/14/17 <b>JV - Work (V)RHS SD-9:00am (V)Here-7:15am</b>
1/15/17	1/16/17 Practice: 3:30-5:30pm	1/17/17 <b>Pr: 6:15-7:20am N.western (A)-6pm Here: 3:20pm/Bus @4:00pm</b>	1/18/17 Practice: 3:30-4:45pm	1/19/17 Practice: 6:15-7:20am Practice: 3:30-4:45pm	1/20/17 Practice: 3:30-4:45 pm	1/21/17 <b>(JV)Plymouth 9am (V)TRC @ N.Miami-9am Bus-(V)7:00am/(JV)7:15am</b>
1/22/17	1/23/17 Practice: 3:30-5:30pm	1/24/17 Practice: 6:15-7:20am Practice: 3:30-4:45pm	1/25/17 Practice: 3:30-4:45pm	1/26/17 Practice: 6:15-7:20am Practice: 3:30-4:45pm	1/27/17 Practice: 3:30-4:45 pm	

## Rochester Zebra Wrestling Practice/Match Schedule-High School

January/February

S	M	T	W	T	F	S
						<b>Bus-(V)7:00 am</b> 1/28/17 <b>(V)Sectional</b> <b>Plymouth-9:00am</b>
1/29/17 <b>Rochester Rumble</b> <b>Table Help (All)</b>	1/30/17 Practice: 3:30-5:30pm	1/31/17 Practice: 6:15-7:20am Practice: 3:30-4:45pm	2/1/17 Practice: 3:30-4:45pm	2/2/17 Practice: 6:15-7:20am Practice: 3:30-4:45pm	2/3/17 Practice: 3:30-4:45 pm <b>Gym Setup: 5pm</b>	2/4/17 <b>(V)Regional @ RHS 9:00am</b> <b>Here: 7:00 am</b>
2/5/17 Practice: 3:30-5:30pm	2/6/17 Practice: 3:30-5:30pm	2/7/17 Practice: 6:15-7:20am Practice: 3:30-4:45pm	2/8/17 Practice: 3:30-4:45pm	2/9/17 Practice: 6:15-7:20am Practice: 3:30-4:45pm	2/10/17 Practice: 3:30-4:45 pm <b>Leave for East Chicago</b>	2/11/17 <b>(V)Semi-State</b> <b>East Chicago-10:00am</b>
2/12/17 Practice: 3:30-5:30pm	2/13/17 Practice: 3:30-5:30pm	2/14/17 Practice: 6:15-7:20am Practice: 3:30-4:45pm	2/15/17 Practice: 3:30-4:45pm	2/16/17 Practice: 6:15-7:20am Practice: 3:30-4:45pm	(V)State 2/17/17 <b>Indianapolis-6:00pm</b> <b>Bus-(V)11:30am</b>	(V)State 2/18/17 <b>Indianapolis-10am</b> <b>Bus-(V)TBA</b>
2/19/17 <b>No School</b>	2/20/17	<b>3:10-4:30 pm</b> 2/21/17 <b>Meetings, Equip. Check,</b> <b>Eval., Award Voting</b>	<b>3:10-4:30 pm</b> 2/22/17 <b>Meetings, Equip. Check,</b> <b>Eval., Award Voting</b>	2/23/17		

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