

NOV2023

LCHS WRESTLING

SUN

MON

TUE

WED

THU

FRI

SAT

01

02

03

04

05

06

07

08

09

10

11

12

13

14

15

16

17

18

First Practice

Practice

Practice

Practice

Practice

Practice
(Optional)

19

20

21

22

23

24

25

Practice

Practice

Practice

NO PRACTICE

NO PRACTICE

Practice
(Optional)

26

27

28

29

30

Practice

Practice

Practice

JV – Take Down
@ U-High
F – Take Down
@ Mead
V - Practice

DEC2023

LCHS WRESTLING

SUN	MON	TUE	WED	THU	FRI	SAT
					01 Practice	02 G – Ladycat Kickoff Classic @ Eastmont V – Medical Lake Scramble
03	04 Practice	05 Practice	06 DUAL vs University (Home)	07 G – League @ East Valley Practice	08 Practice	09 V - Wrestle-Rama Tournament @ West Valley F – Joe Ridlington @ Mount Spokane
10	11 Practice	12 Practice	13 DUAL vs Ridgeline (Home) G – League @ Liberty	14 DUAL vs Gonzaga Prep (Home)	15 Practice	16 Practice (Optional)
17	18 Practice	19 G – League @ Rogers Practice	20 Practice	21 G & JV - Tri-County Classic @ Central Valley V - Practice	22 Practice	23 G & V - M-2 Mallet @ Rogers
24	25 NO PRACTICE	26 NO PRACTICE	27 Practice	28 Practice	29 Practice	30 V – Freeman Classic @ Freeman
31						

JAN2024

LCHS WRESTLING

SUN	MON	TUE	WED	THU	FRI	SAT
	01 NO PRACTICE	02 Practice	03 DUAL: @ Central Valley	04 DUAL: vs Cheney (Home)	05 Practice	06 V – Blackhawk @ Cheney
07	08 Practice	09 DUAL: @ Mead	10 Practice	11 Practice	12 V - River City Duals @Post Falls	13 V – River City Duals @Post Falls JV –Saxon 2024 @ Ferris
14	15 Practice	16 G – League @ Deer Park Practice	17 DUAL: @ Mt Spokane	18 DUAL: @ North Central	19 Practice	20 Tiger JV Duals (@ LC)
21	22 Practice	23 Practice	24 DUAL: vs Ferris (Home) G – League @ Newport	25 Practice	26 G - Districts @TBD Practice	27 F – SpokALoo @ Rogers
28	29 Practice	30 Practice	31 G – League @ Mead Practice			

FEB2024

LCHS WRESTLING

SUN

MON

TUE

WED

THU

FRI

SAT

01

Practice

02

Practice

03

Postseason –
Sub-Regional
@TBD

04

05

Practice

06

Practice

07

Practice

08

Practice

09

Postseason –
Regionals
@TBD

10

Postseason –
Regionals
@TBD

11

12

Practice

13

Practice

14

Last Practice
(Mandatory)

15

Travel

16

Postseason –
WA State
@Tacoma
Dome

17

Postseason –
WA State
@Tacoma
Dome

18

19

20

21

22

23

24

25

26

27

28

29