

NOV2022

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

19

First Practice

Practice

Practice

Practice

Practice

Practice
(Optional)

20

21

22

23

24

25

26

Practice

Practice

Practice

Thanksgiving
NO PRACTICE

NO PRACTICE

Practice
(Optional)

27

28

29

30

Practice

Practice

F – Takedown
@ Mead
JV – Takedown
@ University
V - Practice

DEC2022

LCHS WRESTLING

SUN	MON	TUE	WED	THU	FRI	SAT
				01 Practice	02 Practice	03 V – Medical Lake Scramble @ Medical Lake
04	05 Practice	06 Practice	07 DUAL: @University	08 Girls @ East Valley Practice	09 Practice	10 V & JV - Wrestle- Rama Tournament @ West Valley F – Joe Ridlington @Mount Spokane
11	12 Practice	13 Frosh/JV Invite @ Gonzaga Prep Practice	14 DUAL: vs Mt Spokane (Home)	15 DUAL: @ Gonzaga Prep	16 Practice	17 Practice (Optional)
18	19 Practice	20 Practice	21 Practice	22 JV & G- Tri-County Classic @Central Valley V - Practice	23 NO PRACTICE	24 Christmas Eve NO PRACTICE
25	26 NO PRACTICE	27 Practice	28 Practice	29 Practice	30 V – Freeman Classic @Freeman	31 New Year's Eve NO PRACTICE

JAN2023

LCHS WRESTLING

SUN	MON	TUE	WED	THU	FRI	SAT
01	02 Practice	03 Practice	04 DUAL: vs Central Valley (Home)	05 DUAL: @ Cheney	06 Practice	07 V – Blackhawk @ Cheney
08	09 Practice	10 Frosh/JV Invite @ Gonzaga Prep Practice	11 DUAL: vs Mead (Home)	12 Practice	13 V - River City Duals @Post Falls	14 V - River City Duals @Post Falls
15	16 Practice	17 Girls @ Mead Practice	18 DUAL: @ Ridgeline	19 DUAL: vs North Central (Home)	20 Practice	21 Tiger JV Duals (@LC)
22	23 Practice	24 Girls @ Rogers Practice	25 DUAL: @ Ferris	26 Practice	27 G - Districts @TBD Practice	28 F – SpokALoo @Rogers Practice (Mandatorv)
29	30 Practice	31 Practice				

FEB2023

LCHS WRESTLING

SUN	MON	TUE	WED	THU	FRI	SAT
		01 Practice	01 Practice	02 Practice	03 Practice	04 Postseason – Sub-Regional @TBD
05	06 Practice	07 Practice	08 Practice	09 Practice	10 Postseason – Regionals @TBD	11 Postseason – Regionals @TBD
12	13 Practice	14 Practice	15 Last Practice (Mandatory)	16 Travel	17 Postseason – WA State @Tacoma Dome	18 Postseason – WA State @Tacoma Dome
19	20	21	22	23	24	25
26	27	28				