

Central Wrestling Practice Schedule 2017-2018

No.	Date	Day	Time	Place	Remarks
	11/01/17	Wednesday	3:30 pm to 4:30 pm	Central-McKinley	Move mats from Central to McKinley
1	11/06/17	Monday	3:50 pm to 6:00 pm	Central	1st Official Practice Day
2	11/07/17	Tuesday	3:50 pm to 6:00 pm	Garden Hills	
4	11/08/17	Wednesday	3:50 pm to 6:00 pm	Garden Hills	
5	11/09/17	Thursday	3:50 pm to 6:00 pm	Garden Hills	
6	11/10/17	Friday	3:50 pm to 6:30 pm	Garden Hills	Long practice
***	11/12/17	Sunday	6:30 am to 9:30 am +/-	Central HS	Fundraiser-Need 20+ people / Meet at Central
7	11/13/17	Monday	3:50 pm to 6:30 pm	Garden Hills	Long practice
8	11/14/17	Tuesday	3:50 pm to 6:30 pm	Central / Habitat	Community Service at Habitat for Humanity
9	11/15/17	Wednesday	3:50 pm to 6:00 pm	Garden Hills	
10	11/16/17	Thursday	3:50 pm to 6:30 pm	Garden Hills	Long practice
11	11/17/17	Friday	3:50 pm to 6:00 pm	Garden Hills	
***	11/18/17	Saturday	TBA	Central HS	Picture Day
***	11/18/17	Saturday	3:30 pm to 9:00 pm	Central HS	Intersquad Meet in Combes / Team Meeting
12	11/20/17	Monday	3:50 pm to 6:30 pm	Garden Hills	Long practice
13	11/21/17	Tuesday	3:50 pm to 6:00 pm	Garden Hills	Short Practice for JV wrestlers wrestling Unity Dual only
14	11/22/17	Wednesday	8:00 am to 11:00 am	Garden Hills	No School but we have practice
***	11/23/17	Thursday	NO PRACTICE	NO PRACTICE	No Practice, Thanksgiving
15	11/24/17	Friday	9:00 am to 11:00am	Central HS	Wt. lifting room & conditioning practice
16	11/25/17	Saturday	9:00am to 11:00am	Garden Hills	Mandatory Morning Practice for Everyone
***	11/26/18	Sunday	6:30 am to 9:30 am +/-	Central HS	Fundraiser-Need 20+ people / Meet at Central
17	11/27/17	Monday	3:50 pm to 6:00 pm	Garden Hills	
18	11/28/17	Tuesday	3:50 pm to 6:30 pm	Garden Hills	Long practice
19	11/29/17	Wednesday	3:50 pm to 6:00 pm	Garden Hills	
20	12/01/17	Friday	3:50 pm to 6:00 pm	Garden Hills	Practice for wrestlers not going to Civic Memorial
21	12/04/17	Monday	3:50 pm to 6:00 pm	Garden Hills	
22	12/06/17	Wednesday	3:50 pm to 6:30 pm	Garden Hills	Long practice
23	12/07/17	Thursday	3:50 pm to 6:00 pm	Garden Hills	
24	12/11/17	Monday	3:50 pm to 6:30 pm	Garden Hills	Long practice
25	12/12/17	Tuesday	3:50 pm to 6:00 pm	Garden Hills	
26	12/13/17	Wednesday	3:50 pm to 6:30 pm	Garden Hills	Long practice
27	12/14/17	Thursday	3:50 pm to 6:00 pm	Garden Hills	
28	12/15/17	Friday	3:50 pm to 6:00 pm	Garden Hills	JV wrestlers only / Varsity leaves for Mascoutah
29	12/18/17	Monday	3:50 pm to 5:30 pm	Garden Hills	Early dismissal from practice for exams
30	12/19/17	Tuesday	3:50 pm to 5:30 pm	Garden Hills	Early dismissal from practice for exams
31	12/20/17	Wednesday	3:50 pm to 5:30 pm	Garden Hills	Early dismissal from practice for exams
32	12/21/17	Thursday	3:50 pm to 6:30 pm	Garden Hills	Long practice
33	12/22/17	Friday	8:00 am to 10:00 am	Garden Hills	Morning Practice for most of break
34	12/23/17	Saturday	8:00 am to 10:30 am	Garden Hills	Long practice
***	12/24/17	Sunday	Christmas Eve		NO PRACTICE
***	12/25/17	Monday	Christmas		NO PRACTICE
35	12/26/17	Tuesday	8:00 am to 10:00 am	Central HS	Winter Break, practice in West gym at Central
36	12/27/17	Wednesday	7:00 am to 8:00 am	Central HS	Weight lifting at Central Weight Room
37	12/27/17	Wednesday	8:00 am to 10:00 am	Central HS	Winter Break, practice in West gym at Central
38	12/28/17	Thursday	8:00 am to 10:00 am	Central HS	Winter Break, practice in West gym at Central
39	12/29/17	Friday	3:00 pm to 5:00 pm	Central HS	Practice in Combes, setup for JV Duals
***	12/30/17	Saturday	7:00 am to 3:00 pm	Central HS	Varsity and Stats to run JV Super Duals
40	01/01/18	Monday	8:00 am to 10:00 am	Central HS	Winter Break, practice in West gym at Central
41	01/02/18	Tuesday	8:00 am to 10:00 am	Central HS	Winter Break, practice in West gym at Central
42	01/03/18	Wednesday	12:30 pm to 2:00 pm	Central HS	pre-dual practice McKinley / Twin City Setup in Combes at 3:00 pm
43	01/04/18	Thursday	8:00 am to 10:30 am	Garden Hills	Long practice
44	01/05/18	Friday	8:00 am to 10:00 am	Garden Hills	
45	01/06/18	Saturday	12:00 noon to 1:00 pm	Central HS	Weight lifting at Central Weight Room for all not going to Mattoon JV Invite
46	01/08/18	Monday	3:50 pm to 6:00 pm	Garden Hills	No School but we still have practice

47	01/09/18	Tuesday	3:50 pm to 6:00 pm	Garden Hills	
48	01/11/18	Thursday	3:50 pm to 6:30 pm	Garden Hills	Long practice
49	01/12/18	Friday	3:50 pm to 6:00 pm	Garden Hills	
50	01/15/18	Monday	3:50 pm to 6:00 pm	Garden Hills	MLK Holiday but we still have practice
51	01/16/18	Tuesday	3:50 pm to 6:30 pm	Garden Hills	Long practice
52	01/17/18	Wednesday	3:50 pm to 6:00 pm	Garden Hills	
53	01/19/18	Friday	3:50 pm to 6:00 pm	Garden Hills	
54	01/22/18	Monday	3:50 pm to 6:00 pm	Garden Hills	
55	01/23/18	Tuesday	3:50 pm to 6:30 pm	Garden Hills	Long practice
56	01/24/18	Wednesday	3:50 pm to 6:00 pm	Garden Hills	
57	01/26/18	Friday	3:50 pm to 6:00 pm	Garden Hills	
58	01/29/18	Monday	3:50 pm to 6:00 pm	Garden Hills	
59	01/30/18	Tuesday	3:50 pm to 6:30 pm	Garden Hills	Long practice
60	01/31/18	Wednesday	3:50 pm to 6:00 pm	Garden Hills	
61	02/01/18	Thursday	3:50 pm to 6:30 pm	Garden Hills	Long practice
62	02/02/18	Friday	3:50 pm to 6:00 pm	Garden Hills	
***	02/03/17	Saturday	REGIONAL for VARSITY		
63	02/05/18	Monday	3:50 pm to 6:00 pm	Garden Hills	
64	02/06/18	Tuesday	3:50 pm to 6:00 pm	Garden Hills	
65	02/07/18	Wednesday	3:50 pm to 6:00 pm	Garden Hills	
66	02/08/18	Thursday	3:50 pm to 6:00 pm	Garden Hills	
***	02/09/18	Fri. - Sat.	SECTIONALS for VARSITY		
67	02/12/18	Monday	3:50 pm to 6:00 pm	Garden Hills	
68	02/13/18	Tuesday	3:50 pm to 6:00 pm	Garden Hills	
69	02/14/18	Wednesday	3:50 pm to 5:30 pm	Garden Hills	Last practice for the entire team
***	02/15/18	Thur.-Sat.	STATE TOURNAMENT		
	02/15/18	Thursday	11:30 am to 1:30 pm	Garden Hills	State Qualifiers Only
	02/16/18	Friday	8:30 am to 10:30 am	Garden Hills	State Qualifiers Only
	02/17/18	Saturday	TBA	Garden Hills	State Qualifiers Only
	02/20/18	Tuesday	TBA	Garden Hills	FR / SOPH practices, not required
	02/22/18	Wednesday	TBA	Garden Hills	FR / SOPH practices, not required
	02/23/18	Friday	TBA	Garden Hills	FR / SOPH practices, not required
***	02/24/18	Saturday	Applebee's	Pancake breakfast fundraiser	
	2/28/2018	Wednesday	3:30 pm - 4:30 pm	Garden Hills	Move mats from Garden Hills to Central
	3/10/2018	Saturday	TBA	Central HS	Wrestling Awards Banquet
	COACHING STAFF				
1	Head Coach: Merle Ingersoll			Asst Coach: Tim Robberstad	
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3	Schedule may change to weather or unforeseen conflicts. Schedule updated 11/04/17.				