

September 2014

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23 Open Gym in Combes Gym 5:30pm to 7:30pm	24	25	26	27 Open Gym in Combes Gym 1:00pm to 3:00pm
28	29 Open Gym in Combes Gym 3:30pm to 5:30pm					

October 2014

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
28	29	30	1	2	3	4
5	6	7 Open Gym in Combes Gym 5:30pm to 7:30pm	8	9	10 End of Quarter	11 Open Gym in Combes Gym 1:00pm to 3:00pm
12	13 Open Gym in Combes Gym 3:30pm to 5:30pm	14	15	16 Open Gym in Combes Gym 5:30pm to 7:30pm	17	18
19	20 Meeting Only in West Gym 3:30 to 4:15pm Team Sign-up No Practice	21	22	23 Parent Teacher Conference	24 Parent Teacher Conference	25 Open Gym in Combes Gym 1:00pm to 3:00pm
26	27	28	29	30	31	1 Open Gym in Combes Gym 9:00am to 11:00am

November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	All Practices in Black are at McKinley Fitness Center, in Red are at Central HS			30	31	1 Open Gym in Combes Gym 9:00am to 11:00am
2	3	4 Late Sign-up in Lecture Hall 4 to 5pm	5	6	7 	8
9 Don't get caught up in Fan Mentality when competing. When you compete, you can't think about records.	10 Veterans Day – No School Start of Season Practice 3:50 pm to 6:00 pm	11 Practice 3:50 pm to 6:00 pm	12 Practice 3:50 pm to 6:00 pm	13 Practice 3:50 pm to 6:00 pm	14 Practice 3:50 pm to 6:00 pm	15 Pictures Day@ 2pm Mandatory Mtg. in Lecture Hall for Parents & Wrestlers 6:30pm to 7:30pm
16 Your ideal state of mind is to have no ego & this is achieved by focusing solely on your objective.	17 Practice 3:50 pm to 6:00 pm	18 Practice 3:50 pm to 6:00 pm	19 Practice 3:50 pm to 6:00 pm	20 Practice 3:50 pm to 6:00 pm	21 Practice 3:50 pm to 6:00 pm	22 INTERSQUAD MEET & INTRODUCTIONS 6 to 8:30 pm In Combes Gym
23 Focusing on past successes or failures will distract you from your mission.	24 Practice 3:50 pm to 6:00 pm	25 Practice 3:50 pm to 6:00 pm JV Dual @ Unity 6:30pm	26 No School No Practice	27 Thanksgiving No School No Practice	28 No School Practice 7:00 am to 9:00 am in Combes Gym	29 Practice 7:00 am to 9:00 am in Combes Gym

2014

December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 Wrestle like your going for 1 st but train like your in 2 nd .	1 Practice 3:50 pm to 6:00 pm JV Duals @ STM Weigh-in @ 5pm, starts @ 6pm	2 Dual with Morton @ Morton HS 6:00 pm Meet @ 3:15pm, Bus leaves @ 3:30 pm	3 Practice 3:50 pm to 6:00 pm	4 Dual with St. Joseph @ St. Joe 6:30pm Meet @ 4:15pm, Bus leaves @ 4:30 pm	5 Practice 3:50 pm to 6:00 pm	6 A.A. Stagg Tournament @ 9:00am Meet @ 4:15 am, Bus leaves @ 4:30 am Lincoln JV Tournament
7 You can motivate by fear & you can motivate by reward but those are temporary. Self-motivation lasts longer.	8 Practice 3:50 pm to 6:00 pm	9 Tri-Meet with Normal Community & Normal West @ 5:00 pm Meet @ 2:45 am, Bus leaves @ 3:00 am	10 Practice 3:50 pm to 6:00 pm JV Duals @ STM Weigh-in @ 5pm, starts @ 6pm	11 Practice 3:50 pm to 6:00 pm	12 Practice 3:50 pm to 5:30 pm Early Dismissal	13 Springfield South East Round Robin Duals @ SSE 9:00 am Meet @ 5:45 am, Bus leaves @ 6:00 am
14 Keep your goals out of reach but not out of sight.	15 Practice 3:50 pm to 6:00 pm	16 Dual with Pontiac @ Central 6:00 pm	17 Practice 3:50 pm to 5:30 pm Early Dismissal	18 Exams - ED Practice 3:50 pm to 5:30 pm Early Dismissal	19 Exams-ED Mascoutah Invite Meet @ 11:15 am, Bus leaves @ 11:30 Overnight Stay	20 Mascoutah Invite Bus leaves @ 7:00am from hotel Bloomington JV Tournament
21 Sometimes losing the battle helps you find new ways to win the war.	22 <i>Winter Break No School</i> Practice 7:00 am to 9:00 am in West Gym	23 <i>Winter Break No School</i> Practice 7:30 am to 9:30 am in West Gym	24 <i>Winter Break No School - Christmas Eve</i> No Practice	25 <i>Winter Break No School - Christmas Day</i> No Practice	26 <i>Winter Break No School</i> Practice 7:00 am to 9:00 am in West Gym	27 Central JV Super Duals Weigh-in: 7:30 am Start @ 9:00 am
28 	29 <i>Winter Break No School</i> Practice 7:00 am to 9:00 am in West Gym	30 <i>Winter Break No School</i> Practice 7:30 am to 9:30 am in West Gym	31 <i>Winter Break New Years Eve</i> Practice 7:30 am to 9:30 am in West Gym	1 <i>Winter Break No School New Years</i> No Practice	2 <i>Winter Break No School</i> Practice 7:30 am to 9:30 am in West Gym	3

2014

January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28 	29 Winter Break No School Practice 7:00 am to 9:00 am in West Gym	30 Winter Break No School Practice 7:30 am to 9:30 am in West Gym	31 Winter Break New Years Eve Practice 7:30 am to 9:30 am in West Gym	1 Winter Break New Years Day No School No Practice	2 Winter Break No School Practice 7:30 am to 9:30 am in West Gym	3 The only workout you will ever regret is the one you didn't do.
4 Learn to be modest in victory and understand your defeats.	5 Institute Day Practice 3:50 pm to 6:00 pm	6 Institute Day Twin City Duals with Urbana, Centennial & STM @ Central @ 5:00pm Weigh-in 4:00pm	7 Practice 3:50 pm to 6:00 pm	8 Practice 3:50 pm to 6:00 pm JV Duals @ STM Weigh-in @ 5pm, starts @ 6pm	9 Practice 3:50 pm to 5:30 pm Early Dismissal	10 Quad Meet with Downers Grove North, South Elgin, & Naperville Central @ DGN 10:00am Meet @ 5:15 am Bus leaves @ 5:30am
11 Believe any opponent you face is beatable, anyone can be beaten.	12 Practice 3:50 pm to 6:00 pm	13 Quad Meet with Lincoln, Olympia & Pekin @ Lincoln @ 6:00 pm Meet @ 3:00pm, Bus leaves @ 3:15 pm	14 Practice 3:50 pm to 6:00 pm	15 Practice 3:50 pm to 6:00 pm	16 Practice 3:50 pm to 5:30 pm Early Dismissal	17 Mahomet Tournament @ Mahomet 9:00 am Meet @ 6:45am, Bus leaves @ 7:00 am
18 	19 Practice 3:50 pm to 6:00 pm Martin Luther King Day	20 Practice 3:50 pm to 6:00 pm	21 Practice 3:50 pm to 6:00 pm	22 Dual with Mahomet @ Mahomet 6:30 pm Meet @ 4:30pm, Bus leaves @ 4:45 pm	23 Practice 3:50 pm to 6:00 pm	24 Olympia JV Invite Normal West Varsity Super Duals
25	26 Practice 3:50 pm to 6:00 pm	27 Dual with Mattoon @ Mattoon 6:30 pm Meet @ 3:30pm, Bus leaves @ 3:45 pm	28 Practice 3:50 pm to 6:00 pm	29 Dual with Westville @ Westville 6:30 pm Meet @ 3:45pm, Bus leaves @ 4:00 pm	30 Practice 3:50 pm to 6:00 pm	31

2015

February

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
Striving to have a perfect practice is what makes you perfect, bring your game face to practice.	26 Practice 3:50 pm to 6:00 pm	27 Dual with Mattoon @ Mattoon 6:30 pm Meet @ 3:30pm, Bus leaves @ 3:45 pm	28 Practice 3:50 pm to 6:00 pm	29 Dual with Westville @ Westville 6:30 pm Meet @ 4:00pm, Bus leaves @ 4:15 pm	30 Practice 3:50 pm to 6:00 pm	31 Big 12 Conference @ Bloomington @ 9:00am Varsity & JV Meet @ 5:45am, Bus leaves @ 6:00 am
1 Every day you must test yourself. If you don't, it's a wasted day.	2 Practice 3:50 pm to 6:00 pm	3 Practice 3:50 pm to 6:00 pm JV Duals @ STM Weigh-in @ 5pm, starts @ 6pm	4 Practice 3:50 pm to 6:00 pm	5 Practice 3:50 pm to 6:00 pm	6 Practice 3:50 pm to 6:00 pm	7 Regionals @ TBA 8:00 am
8 Nothing is meant to be, you gotta make it happen.	9 Practice 3:50 pm to 6:00 pm	10 Practice 3:50 pm to 6:00 pm	11 Practice 3:50 pm to 6:00 pm	12 Practice 3:50 pm to 6:00 pm	13 Sectionals @ TBA	14 Sectionals @ TBA
15 There is no corner to turn, you're already there. You just need to release the emergency brake.	16 Practice 3:50 pm to 6:00 pm President's Day No School	17 Practice 3:50 pm to 6:00 pm	18 Practice 3:50 pm to 6:00 pm	19 Practice 3:50 pm to 6:00 pm	20 IHSA State @ Assembly Hall	21 IHSA State @ Assembly Hall
22	23	24 Dual Team Sectionals @ TBA	25	26	27	

2015

March

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					27	28 Dual Team State @ Bloomington
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19 Parent Teacher Conferences	20 Parent Teacher Conferences	21
22	23	24	25	26	27	28
29	30	31				

2015

