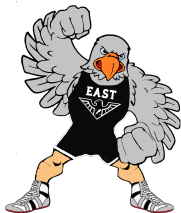


ALL High School Wrestling - October

Questions contact Coach Pennix at bryan.pennix@lakotaonline.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Key: MC = Main campus FC = Freshman building weights = weight room	<i>schedule subject to change</i>		1 MC - 3:30-5 Open Mats	2	3
4 	5	6 MC - 3:30-5 Open Mats	7	8 MC - 3:30-5 Open Mats	9	10
11	12	13 MC - 3:30-5 Open Mats	14	15 MC - 3:30-5 Open Mats	16	17
18	19	20 MC - 3:30-5 Open Mats	21	22 MC - 3:30-5 Open Mats	23	24
25	26	27 MC - 3:30-5 Open Mats	28	29 MC - 3:30-5 Open Mats	30	31

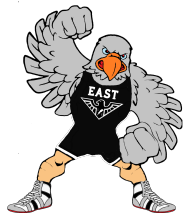
ALL Wrestling - November

Questions contact Coach Pennix at bryan.pennix@lakotaonline.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2 3:30 - 5:30 Black//White - MC Room	3 3:30 - 5:30 Black//White - MC Room	4 3:30 - 5:30 Black//White - MC Room	5 3:30 - 5:30 Black//White - MC Room	6 3:30 - 5:30 Black//White - MC Room	7
8 schedule subject to change	9 3:30 - 5:30 Black//White - MC Room	10 3:30 - 5:30 Black//White - MC Room 6:00 <i>meet the team night</i>	11 3:30 - 4:45 Black//White - MC Room	12 3:30 - 5:30 Black//White - MC Room	13 3:30 - 4:30 Black/White – MC Room - craft fair set up until 7:00	14 Craft fair - no practices
15 Key: MC = Main campus FC = Freshman building weights = weight room	16 3:15 - 4:15 weights 4:30 - 6:00 practice	17 3:30 - 5:30 Black//White - MC Room	18 3:30 - 5:30 Black//White - MC Room	19 3:30 - 5:30 Black//White - MC Room	20 3:30 - 5:30 Black//White - MC Room	21 Scrimmage @ Mason 7:30 report to EAST taking a bus there and back
22 	23 3:30 - 5:30 Black//White - MC Room	24 3:30 - 5:30 BlackWhite - MC Room	25 HYDRATION TEST @ West girls 8:00am boys 8:30am	26 	27 scrimmage @ Ross 7:30 report to EAST taking a bus there and back	28 Boys OFF
29	30 3:30 - 5:30 Black/Grey – MC Room 2:45 - 5:15 White/Girls – FC room	1 3:30 - 5:30 Black/Grey – MC Room 2:45 - 5:15 White/Girls – FC room	2	3	4	5

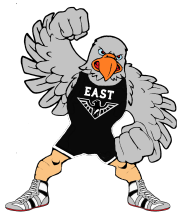
ALL Wrestling - December

Questions contact Coach Pennix at bryan.pennix@lakotaonline.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	30 3:15 - 4:15 weights Black 3:35 - Grey in the room 4:30 - 6:00 Black/Grey - MC Room	1 3:30 - 5:30 Black/Grey - MC Room	2 3:30 - 5:30 Black/Grey - MC Room	3 3:30 - 5:30 Black/Grey - MC Room	4 3:30 - 4:45 Black/Grey - MC Room	5 JV @ Sycamore Inv Var @ Xenia Inv Freshman Face Off @ Lakota West
6 	7 3:15 - 4:15 weights/wrestle offs Black/Grey 4:30 - 6:00 Black/Grey - MC Room	8 3:30 - 5:30 Black/Grey - MC Room	9 3:30 - 5:30 Black/Grey - MC Room	10 3:30 - 5:00 Black/Grey - MC Room	11 Dual @ Harrison mat set up afterward After dual - JV mat set up	12 HOME JV Inv Varsity works
13 East's Youth Wrestling HOME Tournament ALL wrestlers help	14 3:30 - 5:00 Black/Grey - MC Room	15 3:30 - 5:30 Black/Grey - MC Room	16 3:30 - 5:30 Black/Grey - MC Room	17 3:30 - 5:30 Black/Grey - MC Room	18 Var B @ Blan Duals Blan Match schedule 3:30 - 4:30 Coaches' wrestlers White group NO practice	19 Var B @ Blan Duals Blan Match schedule Var @ Coaches Classic
20 Var @ Coaches Classic	21 3:30 - 5:00 Black/Grey - MC Room	22 3:30 - 5:00 Black/Grey - MC Room 8:00-10:30 am White/Girls - FC room	23 Black and Grey OFF 8:00-10:30 am White/Girls - FC room 	24 Black and Grey OFF 	25 	26 OFF
27	28 3:30 - 5:45 Black/Grey - MC Room	29 3:30 - 5:45 Black/Grey - MC Room	30 HOME tri Sycamore / Colerain	31 10:00 - 12:30 Black/Grey - MC Room	1 3:30 - 5:45 Black/Grey/White - MC Room	2 JV b @ New Richmond

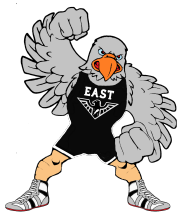
ALL Wrestling - January

Questions contact Coach Pennix at bryan.pennix@lakotaonline.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>schedule subject to change</i>			3:30 – 5:45 Black/Grey – MC Room 8:00- 10:15 am White/Girls – FC room	¹ 3:30 – 5:45 Black/Grey – MC Room 8:00- 10:15 am White/Girls – FC room 5:30 Boys mat set up	² JV @ New Richmond
³	⁴ 3:15 - 4:15 weights Black/Grey 4:30 - 6:00 Black/Grey - MC Room 2:45 - 5:15 White/Girls – FC room	⁵ 3:30 – 5:15 Black/Grey – MC Room 2:45 - 5:15 White/Girls – FC room	⁶	⁷ 3:30 – 4:45 Black/Grey/White – MC Room 2:45 - 5:15 Girls – FC room	⁸ Var @ Jonathan Alder Var B/JV @ Reading Inv 2:45 - 5:15 White/Girls – FC room	⁹ Var @ Jonathan Alder Var B/JV @ Reading Inv
¹⁰ 	¹¹ 3:20 - 4:20 weights Black/Grey 4:30 - 6:00 Black/Grey - MC Room	¹² 3:30 – 5:30 Black/Grey – MC Room 2:45 - 5:15 White/Girls – FC room	¹³ <i>In school dual @ Kings</i>	¹⁴ 3:30 – 5:30 Black/Grey – MC Room 2:45 - 5:15 White/Girls – FC room	¹⁵ <i>Dual @ Fairfield</i>	¹⁶ Var @ Hammer and Anvil Fresh @ Centerville Inv
¹⁷	¹⁸ 10:00 - 12:30 Black/Grey – MC Room	¹⁹ 3:30 – 5:30 Black/Grey – MC Room 2:45 - 5:15 White/Girls – FC room	²⁰ 3:30 – 5:30 Black/Grey – MC Room 2:45 - 5:15 White/Girls – FC room	²¹ <i>Home vs West Dual</i> 2:45 - 5:15 White/Girls – FC room	²²	²³ JV @ Ross Inv
²⁴	²⁵	²⁶ 3:30 – 5:30 Black/Grey – MC Room 2:45 - 5:15 Girls – FC room	²⁷ 3:30 – 5:30 Black/Grey – MC Room 2:45 - 5:15 White/Girls – FC room	²⁸ 3:30 – 5:30 Black/Grey – MC Room 2:45 - 5:15 White/Girls – FC room	²⁹ JV mixer @ Kettering Fairmont 3:30 - 4:45 Remaining black and grey - MC Room	³⁰ Var @ Milford Inv

ALL Wrestling - February

Questions contact Coach Pennix at bryan.pennix@lakotaonline.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 3:15 - 4:15 weights Black/Grey 4:30 - 5:15 Black/Grey - MC Room White – no practice	2 ~~3:30 - 5:30~~ ~~Black/Grey – MC Room~~ 2:45 - 5:15 Girls – FC room	3 3:30 - 5:30 Black/Grey – MC Room 2:45 - 5:15 Girls – FC room	4 3:30 - 5:30 Black/Grey – MC Room 2:45 - 5:15 White/Girls – FC room	5 3:30 - 5:00 Black/Grey – MC Room 2:45 - 5:15 White/Girls – FC room 5:30 Boys mat set up	6 Boys HOME Dual tournament - schedule workers
7 Sectional team seed mtg	8 3:15 - 4:15 weights/wrestle offs Black/Grey 4:30 - 6:00 Black/Grey - MC Room 2:45 - 5:15 White/Girls – FC room	9 3:30 - 5:30 Black/Grey – MC Room 2:45 - 5:15 White/Girls – FC room	10	11 3:30 - 5:30 Black/Grey – MC Room	12 Dual @ Lebanon -Black/Grey – MC Room	13 JV City Champ @ Elder 8:15-10:00 HS boys practice - check list sent via final forms
14 	15 NO SCHOOL Presidents day Sectional prep group 10:00am - 12:00pm	16 3:30 - 5:45 Sectional prep group – MC Room New mat delivery need help 5:30 - 6:30	17 3:30 - 5:30 Sectional prep group – MC Room	18 3:30 - 5:00 Sectional prep group – MC Room	19 3:30 - 5:30 Varsity practice only – MC Room	20 Boys GMC @ Middletown Girls GMC @ Middletown
21 	22 3:30 - 5:00 Sectional prep group – MC Room	23 3:30 - 5:15 Sectional prep group – MC Room	24 3:30 - 5:15 Sectional prep group – MC Room 73	25 3:30 - 5:00 Sectional prep group – MC Room 74	26 3:30 - 4:37 Varsity only – MC Room 75 ALL others equipment turn in	27 Boys Sectional
28	1 3:30 - 5:15 District qualifiers +	2 3:30 - 5:15 District qualifiers +	3 3:30 - 5:00 District qualifiers +	4 3:30 - 4:30 District qualifiers +	5 Boys Districts @ Kettering Fairmont coaches info	6 Boys Districts @ Kettering Fairmont

ALL Wrestling - March

Questions contact Coach Pennix at bryan.pennix@lakotaonline.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>schedule subject to change</i>	2 <i>3:30 – 5:15</i> Black/Grey – MC Room <i>2:45 – 5:15</i> Girls – FC room	3 <i>3:30 – 5:15</i> Black/Grey – MC Room <i>2:45 – 5:15</i> Girls – FC room	4 <i>3:30 – 5:15</i> Black/Grey – MC Room <i>2:45 – 5:15</i> Girls – FC room	5 Boys Districts @ Kettering Fairmont <i>2:45 – 5:15</i> Girls – FC room	6
7 10:00 start Girls Districts @ Harrison	8 <i>qualifier practice TBA</i> <i>3:00 ALL non state qualifiers equipment turn in Mat flipping</i>	9 <i>qualifier practice TBA</i>	10 <i>qualifier practice TBA</i>	11 <i>qualifier practice TBA</i>	12 STATE @ OSU Schottenstein Arena	13 STATE @ OSU Schottenstein Arena
14 STATE @ OSU Schottenstein Arena	15	16	17 7:00 Boys End of season awards - Room 200	18	19	20
21	22	23	24 ~~7:00 Boys End of season awards - Room 200~~	25	26	27
28	29 SPRING BREAK	30 SPRING BREAK	31 SPRING BREAK	1 SPRING BREAK	2 SPRING BREAK	3

ALL Wrestling - APRIL

Questions contact Coach Pennix at bryan.pennix@lakotaonline.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>schedule subject to change</i>	3:30 - 5:00 Spring club practice		1 3:30 - 5:00 Spring club practice	2	3
4	5	6 3:30 - 5:00 Spring club practice	7	8 3:30 - 5:00 Spring club practice	9	10
11	12	13	14	15	16	17
18	19	20 3:30 - 5:00 Spring club practice	21	22 3:30 - 5:00 Spring club practice	23	24
25	26	27 3:30 - 5:00 Spring club practice	28	29 3:30 - 5:00 Spring club practice	30	1

ALL Wrestling - MAY

Questions contact Coach Pennix at bryan.pennix@lakotaonline.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>schedule subject to change</i>			3:30 - 5:00 Spring club practice		1
		3:30 - 5:00 Spring club practice		3:30 - 5:00 Spring club practice		Freestyle and Greco @ Middletown HS???
		3:30 - 5:00 Spring club practice		3:30 - 5:00 Spring club practice		Central Regionals in Louisville Ky???
		3:30 - 5:00 Spring club practice		LAST DAY OF SCHOOL		Freestyle STATE @ Ohio Northern University???
Greco STATE @ Ohio Northern University Girls freestyle / Greco STATE @ Ohio Northern University						

