

Medina Wrestling September 2009

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

Medina Wrestling October 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>Conditioning</i> 3-4:30 <i>Open Mats</i> 6-8:30	2	3
4	5 <i>Conditioning</i> 3-4:30	6 <i>Open Mats</i> 6-8:30	7 <i>Conditioning</i> 3-4:30	8 <i>Conditioning</i> 3-4:30 <i>Open Mats</i> 6-8:30	9	10
11	12 <i>Conditioning</i> 3-4:30	13 <i>Open Mats</i> 6-8:30	14 <i>Conditioning</i> 3-4:30	15 <i>Conditioning</i> 3-4:30 <i>Open Mats</i> 6-8:30	16	17
18	19 <i>Conditioning</i> 3-4:30	20 <i>Open Mats</i> 6-8:30	21 <i>Conditioning</i> 3-4:30	22 <i>Conditioning</i> 3-4:30 <i>Open Mats</i> 6-8:30	23	24 Jeff Jordan Camp \$50
25 Jeff Jordan Camp \$50	26 <i>Conditioning</i> 3-4:30	27 <i>Open Mats</i> 6-8:30	28 <i>Conditioning</i> 3-4:30	29 <i>Conditioning</i> 3-4:30 <i>Open Mats</i> 6-8:30	30	31

Medina Wrestling November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>Conditioning</i> 3-4:30	3	4 <i>Conditioning</i> 3-4:30	5 <i>Conditioning</i> 3-4:30	6	7
8 4th Annual Paintball Outing	9 <i>Conditioning</i> 3-4:30	10	11 <i>Conditioning</i> 3-4:30	12 <i>Conditioning</i> 3-4:30	13 1st Day Of Practice 3-5:30	14 <i>Practice</i> 9-11:30
15 Open Tournament Fundraiser <i>everyone works</i>	16 <i>Practice</i> 3-5:30	17 <i>Practice</i> 3-5:30	18 <i>Practice</i> 3-5:30	19 <i>Practice</i> 3-5:30	20 <i>Practice</i> 3-5:30	21 Medina Scrimmage
22 <i>Lifting</i> 10-11:00	23 <i>Practice</i> 3-5:30	24 <i>Practice</i> 3-5:30	25 Hydration Test Olmstead Falls	26 NO PRACTICE HAPPY THANKSGIVING	27 <i>Practice</i> 9-11:30	28 Strongsville Scrimmage
29 <i>Lifting</i> 10-11:00	30 <i>Practice</i> 3-5:30					

Medina Wrestling December 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>Practice</i> 3-5:30	2 <i>Practice</i> 3-5:30	3 <i>Practice</i> 3-5:30	4 <i>Practice</i> 3-5:30	5 Battle of RT 18 Highland & Norton @ Highland Varsity, JV, Fr
6 <i>Lifting</i> 10-11:00	7 <i>Practice</i> 3-5:30	8 <i>Practice</i> 3-5:30	9 <i>Practice</i> 3-5:30	10 <i>Practice</i> 3-5:30	11 <i>Practice</i> 3-5:30	12 Medina Duals <small>C-Falls, Copley, Hoover, Chippewa Valley, Hilliard, Mansfield Madison, Maple Hght</small> Highland Sparta Trn.-JV
13 <i>Lifting</i> 10-11:00	14 <i>Practice</i> 3-5:30	15 <i>Practice</i> 3-5:30	16 <i>Practice</i> 3-5:30	17 Normandy Dual @ Normandy <i>Varsity, JV, Fr</i>	18 <i>Practice</i> 3-5:30	19 <i>Practice</i> 9-11:30
20 <i>Lifting</i> 10-11:00	21 CSU Tournament JV & Fr <i>Practice</i> 9-11:30	22 <i>Practice</i> 9-11:30	23 Lakewood Dual @ Lakewood <i>Varsity, jv, fr</i> ???????????	24 <i>Practice</i> 9-11:30	25 No Practice Merry Christmas	26 <i>Practice</i> 9-11:30
27 <i>Practice</i> 10-11:30 MIT set-up	28 MIT Jv and fr work	29 MIT Jv and fr work	30 <i>Practice</i> 9-11	31 <i>Practice</i> 9-11:30		

Medina Wrestling January 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <i>Practice</i> 10-12:30	2 <i>Open Tournament</i> ????????????? <i>everyone works</i>
3 <i>Lifting</i> 10-11:00	4 <i>Practice</i> 3-5:30	5 <i>Practice</i> 3-5:30	6 <i>Practice</i> 3-5:30	7 Valley Forge Dual Home <i>Varsity, JV, Frosh</i>	8 <i>Practice</i> 3-5:30	9 <i>Sandusky Trn.-JV & FR</i> <i>Practice</i> 9-11:30
10 <i>Lifting</i> 10-11:00	11 <i>Practice</i> 3-5:30	12 <i>Practice</i> 3-5:30	13 <i>Practice</i> 3-5:30	14 <i>Practice</i> 3-5:30 ??????????????	15 Top Gun Trn. @ Alliance Hs	16 Top Gun Trn. @ Alliance Hs <i>Wadsworth Duals- jv & jfr</i>
17 <i>Lifting</i> 10-11:00	18 <i>Practice</i> 9-11:30	19 <i>Practice</i> 3-5:30	20 <i>Practice</i> 3-5:30	21 Parma Dual @ Parma	22 Josh Hepner Trn @ Fitch HS	23 Josh Hepner Trn @ Fitch HS <i>Nordonia Trn. JV</i>
24 <i>Lifting</i> 10-11:00	25 <i>Practice</i> 3-5:30	26 <i>Practice</i> 3-5:30	27 <i>Practice</i> 3-5:30	28 Brunswick Dual Home- Sr. Night	29 <i>Practice</i> 3-5:30	30 Galion Trn. JV & FR <i>Practice</i> 9-11:30
31 <i>Lifting</i> 10-11:00						

Medina Wrestling February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>Practice</i> 3-5:30	2 <i>Practice</i> 3-5:30	3 <i>Practice</i> 3-5:30	4 <i>Practice</i> 3-5:30	5 <i>NOC Trn.</i> <i>@ Garfield Heights</i>	6 <i>NOC Trn.</i> <i>@ Garfield Heights</i>
7 <i>Lifting</i> 10-11:00	8 <i>Practice</i> 3-5:30	9 <i>Practice</i> 3-5:30	10 <i>Practice</i> 3-5:30	11 <i>Practice</i> 3-5:30	12 <i>Practice-</i> 9-11:30	13 <i>JV NOC Trn-</i> <i>JV & FR</i> <i>Practice</i> 9-11:30
14 <i>Lifting</i> 10-11:00	15 <i>Practice</i> 9-11:30	16 <i>Practice</i> 3-5:30	17 <i>Practice</i> 3-5:30	18 <i>Practice</i> 3-5:30	19 <i>Sectional Trn</i> <i>Home</i>	20 <i>Sectional Trn</i> <i>Home</i>
21 <i>Lifting</i> 10-11:00	22 <i>Practice</i> 3-5:30	23 <i>Practice</i> 3-5:30	24 <i>Practice</i> 3-5:30	25 <i>Practice</i> 3-5:30	26 <i>District Trn</i> <i>@ Perry</i>	27 <i>District Trn</i> <i>@ Perry</i>
28 <i>Lifting</i> 10-11:00						

Medina Wrestling March 2010

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