

Normal West Wrestling 2023-2024

December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11/26	11/27	11/28	11/29	11/30	12/1	12/2
Thanksgiving Break	Weights 4:00 - 5:00 Dinner 5:00 - 6:00 Practice 6:00 - 8:00	Practice 4:00 - 6:00	@Peoria & Ch Central	Lehr Army Practice 4:00 - 6:00	Lehr Army Granite City Girls Practice 4:00 - 6:00	Lehr Army Lincoln JV INV
12/3	12/4	12/5	12/6	12/7	12/8	12/9
Lehr Army	Weights 4:00 - 5:00 Dinner 5:00 - 6:00 Practice 6:00 - 8:00	Practice 4:00 - 6:00	Weights 4:00 - 5:00 Practice 4:00 - 6:00	1/2 Day Practice 4:00 - 6:00	Pontiac Girls Practice 4:00 - 6:00	LP Super Duals Ottawa JV
12/10	12/11	12/12	12/13	12/14	12/15	12/16
	Weights 4:00 - 5:00 Dinner 5:00 - 6:00 Practice 6:00 - 8:00	Practice 4:00 - 6:00	Intercity @ IWU	Practice 4:00 - 6:00	Practice 4:00 - 6:00	Niles West Inv Washington JV Inv
12/17	12/18	12/19	12/20	12/21	12/22	12/23
	Weights 4:00 - 5:00 Dinner 5:00 - 6:00 Practice 6:00 - 8:00	Finals Practice 4:00 - 6:00	Finals Lincoln/Morton @Home Senior Night	Finals Practice 4:00 - 6:00	Winter Break Practice 8:00 - 10:00AM	Winter Break Practice 8:00 - 10:00AM
12/24	12/25	12/26	12/27	12/28	12/29	12/30
Winter Break	Winter Break No Practice	Winter Break Practice 8:00 - 10:00AM	Winter Break JV Duals Ch Central Jacksonville Girls Practice 8:00 - 10:00AM	Winter Break Granite City No Practice	Winter Break Granite City No Practice	Winter Break No Practice