

Normal West Wrestling 2023-2024

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			11/1	11/2	11/3	11/4
			Information Meeting Parents & Wrestlers 6:00PM Cafeteria			Lehr Army
11/5	11/6	11/7	11/8	11/9	11/10	11/11
Lehr Army	1st Day of Practice 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	Practice 4:00 - 6:00	Practice 8:00 - 10:00AM
11/12	11/13	11/14	11/15	11/16	11/17	11/18
	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	Practice 4:00 - 6:00	Practice 4:00 - 6:00	Practice 8:00 - 10:00AM Weight Certification Pictures
11/19	11/20	11/21	11/22	11/23	11/24	11/25
	Weights 4:00 - 5:00 Dinner 5:00 - 6:00 Practice 6:00 - 8:00	Practice 4:00 - 6:00	Thanksgiving Break Practice 8:00 - 10:00AM	Thanksgiving Break No Practice	Thanksgiving Break Practice 6:00 - 8:00PM	Thanksgiving Break Antioch NCHS Girls Inv
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