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| November | 2011 |

Green Bay Preble/East Wrestling Calendar



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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  | **1** | **2** | **3** | **4** | **5** |
| **Team Preseason Meeting this Week Sometime** |  |  |  |  | **Ken Chertows Pre-Season Camp DePere Wi** | WWCA Coachs Clininc and Banquet  Green Bay  **Ken Chertows Camp DePere** |
| 6 | 7 | **8** | **9** | **10** | **11** | **12** |
| WWCA Coachs Clinic  Green Bay  **Ken Chertows Camp DePere** | **Team Preseason Meeting after School this Week.** |  |  |  |  |  |
| 13 | 14 | **15** | **16** | **17** | **18** | **19** |
|  | First Day of Practice  3:45-6:00 | 6:30-7:30  Practice  3:45-6:00 | Practice  3:45-6:00 | 6:30-7:30  Practice  3:45-6:00 | Practice  3:45-6:00 | Individual Run  Or Circuit  30 mintues |
| 20 | 21 | **22** | **23** | **24** | **25** | **26** |
| Off | **Hydration Testing**  Practice  3:45-6:00 | 6:30-7:30  Hydration Testing  Practice  3:45-6:00 | **Hydration Testing**  Practice  3:45-6:00 | Thanksgiving Day Off  Individual 30 minute run | No School  Scrimmage  Valders and Luxenburg Casco High School  @GBPE H.S.  8:30-10:30 | OFF |
| 27 | 28 | 29 | 30 |  |  |  |
| Off | Practice  3:45-6:00 | Practice  3:15-5:30  Scrimmage (Wrestle Offs)  Green and Gold Meet | Equipment Singlet and Warm-Up Handout Practice  3:45-6:00 | Meet the Team Night 6:00  Handout Team Handbook |  |  |