

# NC Wrestling

<i>Mon</i> 3	<i>Tue</i> 4	<i>Wed</i> 5	<i>Thu</i> 6	<i>Fri</i> 7	<i>Sat</i> 8
10	11 NO SCHOOL	12	13	14	15
17 Practice 2:50-5:30	18 Practice 2:50-5:30	19 Practice 2:50-5:30	20 Study 2:45-3:45 Practice 4:00-6:00	21 <b>WEIGHT CERTIFICATION</b> Practice 6:00pm-8:30pm <b>Team Campout</b>	22 Practice 9:00am-11:30am
24 Practice 2:50-5:30	25 <b>Red &amp; Black Dual @ NC</b>  Small Gym 6:00pm-7:30pm Parent Meeting	26 Practice 2:50-5:30	27 <b>NO SCHOOL Thanksgiving</b>  No Practice	28 <b>NO SCHOOL</b> Practice 9:00am-11:30am	29 Practice 9:00am-11:30am

**November**

[www.northcentralwrestling.com](http://www.northcentralwrestling.com)

**2008**

# NC Wrestling

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<b>1</b> Practice 2:50-5:30	<b>2</b> Practice 2:50-5:30  <b>2nd Weight Certification</b>	<b>3</b> <b>Takedown Jamboree</b> 5pm 9th @ Mead 5pm JV @ UHigh Practice 2:50-5:30	<b>4</b> <b>Takedown Jamboree</b> 5pm V @ Lakeside  Study 2:45-3:45 Practice 4:00-6:00	<b>5</b> <b>4pm Frosh/JV @ Deer Park</b>  Practice 2:50-5:30	<b>6</b> <b>9am V @ Deer Park</b>  <b>9am Frosh/JV @ EV</b>
<b>8</b> Practice 2:50-5:30	<b>9</b> Practice 2:50-5:30	<b>10</b> <b>Mt.Spokane Dual @ Mt. Spokane</b>  5pm Frosh/JV 7pm Varsity	<b>11</b> <b>Ferris Dual @ NC</b>  5pm Frosh/JV 7pm Varsity	<b>12</b> Practice 2:50-5:30  Set up for Spok-a-loo	<b>13</b> <b>9am V @ Sedro Woolley</b>  <b>9am Frosh @ Mt. Spokane</b>
<b>15</b> Practice 2:50-5:30	<b>16</b> <b>U-High Dual @ U-High</b>  5pm Frosh/JV 7pm Varsity	<b>17</b> Practice 2:50-5:30	<b>18</b> <b>Rogers Dual @ Rogers</b>  5pm Frosh/JV 7pm Varsity	<b>19</b> <b>10am V @ NIC Tri State</b>  Practice 2:50-5:30	<b>20</b> <b>9am V @ NIC Tri State</b>  Practice 9:00am-10:30am
<b>22</b> <b>NO SCHOOL</b> Practice 8:00am-10:30am	<b>23</b> <b>9am JV @ CV Tri County</b>  Practice 8:00am-10:30am	<b>24</b> <b>NO SCHOOL</b>  No Practice	<b>25</b> <b>Christmas</b>	<b>26</b> <b>NO SCHOOL</b> Practice 6:00pm-8:00pm	<b>27</b>  Practice 9:00am-10:30am
<b>29</b> <b>NO SCHOOL</b> Practice 8:00am-10:30am	<b>30</b> <b>9am V/JV @Hanford</b> Practice 8:00am-10:30am	<b>31</b> <b>NO SCHOOL</b>  No Practice			

**December**

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**2008**

# NC Wrestling

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			<b>1</b> NO SCHOOL No Practice	<b>2</b> NO SCHOOL Practice 8:00am-10:30am	<b>3</b> Practice 9:00am-10:30am
<b>5</b> Practice 2:50- 5:30	<b>6</b> Practice 2:50- 5:30	<b>7</b> LC Dual @ LC  5pm Frosh/JV 7pm Varsity	<b>8</b> Study 2:45-3:45  Practice 4:00- 6:00	<b>9</b> Practice 2:50- 5:30	<b>10</b> 9am V/JV @ Cheney  9am Frosh/JV @ EV
<b>12</b> Practice 2:50- 5:30	<b>13</b> Practice 2:50- 5:30	<b>14</b> CV Dual @ NC  5pm Frosh/JV 7pm Varsity	<b>15</b> Study 2:45-3:45  Practice 4:00- 6:00	<b>16</b> Practice 2:50- 5:30	<b>17</b> 9am V @ Auburn Mountainview  Practice 9:00am-10:30am
<b>19</b> NO SCHOOL  Practice 8:00am-10:30am	<b>20</b> Practice 2:50- 5:00	<b>21</b> Mead Dual @ NC  5pm Frosh/JV 7pm Varsity	<b>22</b> G-Prep Dual @ NC  5pm Frosh/JV 7pm Varsity	<b>23</b> Practice 2:50- 5:00	<b>24</b> 9am V @ EV Dream Duals  8am Frosh/JV @ LC
<b>26</b> Study 2:45-3:45  Practice 4:00- 6:00	<b>27</b> Study 2:45-3:45  Practice 4:00- 6:00	<b>28</b> EV Dual @ EV  5pm Frosh/JV 7pm Varsity	<b>29</b> Shadle Dual @ NC  5pm Frosh/JV 7pm Varsity	<b>30</b> NO SCHOOL Practice 8:00am-10:30am	<b>31</b> 9am Fr @Rogers Spok-a-loo Practice 9:00am-10:30am

**January**

[www.northcentralwrestling.com](http://www.northcentralwrestling.com)

**2009**

# NC Wrestling

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<b>2</b> Practice 2:50-4:30	<b>3</b> Practice 2:50-4:30	<b>4</b> Practice 2:50-4:30	<b>5</b> 4pm JV Districts @ Mead Practice 2:50-4:30	<b>6</b> Sub Regions @ Mead	<b>7</b> Sub Regions @ Mead
<b>9</b> Practice 2:50-4:30	<b>10</b> Practice 2:50-4:30	<b>11</b> Practice 2:50-4:30	<b>12</b> Practice 2:50-4:30  Leave for Regionals	<b>13</b> Regionals @ Sunnyside	<b>14</b> Regionals @ Sunnyside
<b>16</b> NO SCHOOL Practice 9:00am-10:30am	<b>17</b> Practice 2:50-4:30	<b>18</b> Practice 2:50-4:30	<b>19</b> Leave for State Practice in the Dome	<b>20</b> State @ Tacoma Dome	<b>21</b> State @ Tacoma Dome
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>

**February**

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**2009**