

Seven Lakes Wrestling 2021-22 Planning Schedule

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
15-Aug	16-Aug	17-Aug	18-Aug	19-Aug	20-Aug	21-Aug
First Week of School. 5th Period Workouts Begin. Room Closed After School	No School	No School	Classes Resume - Wrestler's Handbook - No Workouts	5th - Mat	5th - Mat	
				7th - No Workouts / Wrestler's Handbook	7th - No Workouts / Wrestler's Handbook	
				Room Closed After School	Room Closed After School	
22-Aug	23-Aug	24-Aug	25-Aug	26-Aug	27-Aug	28-Aug
11 Weeks to the Start of the Season. 7th Period Workouts Begin. Room Closed After School	5th - Mat	5th - Mat	5th - Mat	5th - Mat	5th - Mat	
	7th - Mat	7th - Mat	7th - Mat	7th - Mat	7th - Mat	
	Room Closed After School	Room Closed After School	Room Closed After School	Room Closed After School	Room Closed After School	
29-Aug	30-Aug	31-Aug	1-Sep	2-Sep	3-Sep	4-Sep
10 Weeks to the Start of the Season. Open Mats Start For All. 5 Weeks to Hydration Testing.	5th - A Lift	5th - Mat	5th - B Lift	5th - Mat	5th - A Lift	
	7th - Mat	7th - Mat	7th - Mat	7th - Mat	7th - Mat	
	Room Closed After School	Open Mat 2:35-4:00pm	Open Mat 2:35-4:00pm	Open Mat 2:35-4:00pm	Room Closed After School	

V = Varsity, JV = Junior Varsity, G = Girls Most Weekday Events Begin at 5:00pm. Most Saturday Events Begin at 9:00am See Rankonesport for details.

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<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
5-Sep	6-Sep	7-Sep	8-Sep	9-Sep	10-Sep	11-Sep
9 Weeks to the Start of the Season. 4 Weeks to Hydration Testing.	No School - Off	5th - Mat	5th - B Lift	5th - Mat	5th - A Lift	
		7th - Mat	7th - Mat	7th - Mat	7th - Mat	
		Open Mat 2:35-4:00pm	Open Mat 2:35-4:00pm	Open Mat 2:35-4:00pm	Room Closed After School	
12-Sep	13-Sep	14-Sep	15-Sep	16-Sep	17-Sep	18-Sep
8 Weeks to the Start of the Season. 3 Weeks to Hydration Testing.	5th - B Lift	5th - Mat	5th - A Lift	5th - Mat	5th - B Lift	
	7th - Mat	7th - Mat	7th - Mat	7th - Mat	7th - Mat	
	Room Closed After School	Open Mat 2:35-4:00pm	Open Mat 2:35-4:00pm	Open Mat 2:35-4:00pm	Room Closed After School	
19-Sep	20-Sep	21-Sep	22-Sep	23-Sep	24-Sep	25-Sep
7 Weeks to the Start of the Season. 2 Weeks to Hydration Testing.	5th - A Lift	5th - Mat	5th - B Lift	5th - Mat	No School - Teacher Inservice	
	7th - Mat	7th - Mat	7th - Mat	7th - Mat		
	Room Closed After School	Open Mat 2:35-4:00pm	Open Mat 2:35-4:00pm	Room Closed After School		

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<u>Sunday</u> 26-Sep	<u>Monday</u> 27-Sep	<u>Tuesday</u> 28-Sep	<u>Wednesday</u> 29-Sep	<u>Thursday</u> 30-Sep	<u>Friday</u> 1-Oct	<u>Saturday</u> 2-Oct
6 Weeks to the Start of the Season. 1 Week to Hydration Testing.	5th - C Lift	5th - Mat	5th - D Lift	5th - Mat	5th - E Lift	
	7th - Mat	7th - Mat	7th - Mat	7th - Mat	7th - Mat	
	Room Closed After School	Open Mat 2:35-4:00pm	Open Mat 2:35-4:00pm	Open Mat 2:35-4:00pm	Room Closed After School	
3-Oct	4-Oct	5-Oct	6-Oct	7-Oct	8-Oct	9-Oct
5 Weeks to the Start of the Season. Hydration Testing Week.	5th - C Lift	5th - Mat	No workout / Wrestler's Handbook	5th - Mat	5th - D Lift	
	7th - Mat	7th - Mat	No workout / Wrestler's Handbook	7th - Mat	7th - Mat	
	Room Closed After School	Open Mat 2:35-4:00pm	Hydration Testing @ Tompkins HS TBA	Open Mat 2:35-4:00pm	Room Closed After School	
10-Oct	11-Oct	12-Oct	13-Oct	14-Oct	15-Oct	16-Oct
4 Weeks to the Start of the Season	No School - Off	5th - Mat	5th - E Lift	5th - Mat	5th - C Lift	
		7th - Mat	7th - Mat	7th - Mat	7th - Mat	
		Open Mat 2:35-4:00pm	Open Mat 2:35-4:00pm	Open Mat 2:35-4:00pm	Room Closed After School	

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<u>Sunday</u> 17-Oct	<u>Monday</u> 18-Oct	<u>Tuesday</u> 19-Oct	<u>Wednesday</u> 20-Oct	<u>Thursday</u> 21-Oct	<u>Friday</u> 22-Oct	<u>Saturday</u> 23-Oct
3 Weeks to the Start of the Season	5th - D Lift	5th - Mat	5th - E Lift	5th - Mat	5th - Mat	
	7th - Mat	7th - Mat	7th - Mat	7th - Mat	7th - Mat	
	Room Closed After School	Open Mat 2:35-4:00pm	Open Mat 2:35-4:00pm	Open Mat 2:35-4:00pm	Room Closed After School	
24-Oct	25-Oct	26-Oct	27-Oct	28-Oct	29-Oct	30-Oct
2 Weeks to the Start of the Season	5th - C Lift	5th - Mat	5th - D Lift	5th - Mat	5th - E Lift	
	7th - Mat	7th - Mat	7th - Mat	7th - Mat	7th - Mat	
	Room Closed After School	Open Mat 2:35-4:00pm	Open Mat 2:35-4:00pm	Open Mat 2:35-4:00pm	Room Closed After School	
31-Oct	1-Nov	2-Nov	3-Nov	4-Nov	5-Nov	6-Nov
1 Week to the Start of the Season	5th - A Lift	5th - Mat	5th - B Lift	5th - Mat	No School - Teacher Inservice	Pot Luck / Tailgate @ back athletic parking lot 3:00-6:00pm
	7th - Mat	7th - Mat	7th - Mat	7th - Mat		
	Team Meeting 2:45-3:00 Navy Practice 3:15-4:45 Orange Practice 3:15-5:15	<u>Challenge Matches</u> Warm Up 3:00-3:15 Matches Begin at 3:30 Navy Dismissed at 4:15	Navy Practice 3:15-4:45 Orange Practice 3:15-5:15	*Navy Practice 2:35-3:30* *Orange Practice 3:30-5:30*		

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<u>Sunday</u> 7-Nov	<u>Monday</u> 8-Nov	<u>Tuesday</u> 9-Nov	<u>Wednesday</u> 10-Nov	<u>Thursday</u> 11-Nov	<u>Friday</u> 12-Nov	<u>Saturday</u> 13-Nov
6 Weeks to Mid-Season Break	5th - Mat	5th - Mat	Langham Creek & Bryan @ SLHS V, G, JV	5th - Mat	5th - Mat	Knights Invitational @ Clear Falls V, G, JV
	7th - Mat	7th - Mat		7th - Mat	7th - Mat	
	Team Meeting 2:45-3:00 Navy Practice 3:15-4:45 Orange Practice 3:15-5:15 Weight Lifting Day	*Navy Practice 2:35-3:30* *Orange Practice 3:30-5:30*		Navy Practice 3:15-4:45 Orange Practice 3:15-5:15 Weight Lifting Day	Navy Practice 3:15-4:45 Orange Practice 3:15-5:15	
14-Nov	15-Nov	16-Nov	17-Nov	18-Nov	19-Nov	20-Nov
5 Weeks to Mid-Season Break	5th - Mat	5th - Mat	Klein @ Klein V, G, JV	5th - Mat	Paetow @ Paetow V, G, JV	Orange Practice 9:00-11:00 (Optional practice for Navy) Weight Lifting Day
	7th - Mat	7th - Mat		7th - Mat		
	Team Meeting 2:45-3:00 Navy Practice 3:15-4:45 Orange Practice 3:15-5:15 Weight Lifting Day	*Navy Practice 2:35-3:30* *Orange Practice 3:30-5:30*		Navy Practice 3:15-4:45 Orange Practice 3:15-5:15		
21-Nov	22-Nov	23-Nov	24-Nov	25-Nov	26-Nov	27-Nov
4 Weeks to Mid-Season Break	No School	No School	No School - Off	No School - Off	No School - Off	No School - Off
	Team Meeting 8:45-9:00am All Practice 9:00-12:00am Weight Lifting Day	Combined Practice with Taylor, Episcopal, & Foster 9:00-11:00am All Levels Lift 11:00-11:45				

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<u>Sunday</u> 28-Nov	<u>Monday</u> 29-Nov	<u>Tuesday</u> 30-Nov	<u>Wednesday</u> 1-Dec	<u>Thursday</u> 2-Dec	<u>Friday</u> 3-Dec	<u>Saturday</u> 4-Dec
3 Weeks to Mid-Season Break	5th - Mat	5th - Mat	Kingwood @ SLHS V, G, JV	5th - Mat	5th - Mat	Maverick Stampede @ MRHS V & G
	7th - Mat	7th - Mat		7th - Mat	7th - Mat	
	Team Meeting 2:45-3:00 Navy Practice 3:15-4:45 Orange Practice 3:15-5:15 Weight Lifting Day	*Navy Practice 2:35-3:30* *Orange Practice 3:30-5:30*		Navy Practice 3:15-4:45 Orange Practice 3:15-5:15	Maverick Stampede @ MRHS V & G All Others Practice 3:15-4:45	
5-Dec	6-Dec	7-Dec	8-Dec	9-Dec	10-Dec	11-Dec
2 Weeks to Mid-Season Break	5th - Mat	5th - Mat	Grand Oaks @ SLHS V, G, JV	5th - Mat	War Games @ Frisco Memorial JV (day) Duals @ Lovejoy HS V & G (evening)	War Games @ Memorial V & G
	7th - Mat	7th - Mat		7th - Mat		
	Team Meeting 2:45-3:00 Navy Practice 3:15-4:45 Orange Practice 3:15-5:15 Weight Lifting Day	*Navy Practice 2:35-3:30* *Orange Practice 3:30-5:30*		Navy Practice 3:15-4:45 Orange Practice 3:15-5:15 Weight Lifting Day		
12-Dec	13-Dec	14-Dec	15-Dec	16-Dec	17-Dec	18-Dec
1 Week to Mid-Season Break	Athletic Period Workouts TBA Finals Week	Athletic Period Workouts TBA Finals Week	Athletic Period Workouts TBA Finals Week	Athletic Period Workouts TBA Finals Week	Athletic Period Workouts TBA Finals Week	Old School Tourney @ MRHS V, JV, G
	No Practice / Exam Prep Day	Team Meeting TBA Finals Practice Schedule TBA Lift Day	Finals Practice Schedule TBA Lift Day	Finals Practice Schedule TBA	Finals Practice Schedule TBA	

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19-Dec	20-Dec	21-Dec	22-Dec	23-Dec	24-Dec	25-Dec
Break	No School - Off	No School - Off	No School - Off	No School - Off	No School - Off	Off
26-Dec	27-Dec	28-Dec	29-Dec	30-Dec	31-Dec	1-Jan
5 Weeks to Post Season	No School - Off	No School - Off	No School	No School	No School	Off
			Optional Open Mat 10:00-12:00	Team Meeting 8:45-9:00am All Practice 9:00-12:00 Weight Lifting Day	All Practice 9:00-12:00 Weight Lifting Day	
2-Jan	3-Jan	4-Jan	5-Jan	6-Jan	7-Jan	8-Jan
4 Weeks to Post Season	No School	5th - Mat	5th - Mat	5th - Mat	Cy Fair Invitational at The Berry Center V & G	Cy Fair Invitational at The Berry Center V & G
	Team Meeting 8:45-9:00am All Practice 9:00-12:00 Weight Lifting Day	7th - Mat	7th - Mat	7th - Mat		
		Navy Practice 2:35-3:30 *Orange Practice 3:30-5:00*	Navy Practice 3:15-4:45 Orange Practice 3:15-5:00 Weight Lifting Day	Navy Practice 3:15-4:30 Orange Practice 3:15-4:45		

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<u>Sunday</u> 9-Jan	<u>Monday</u> 10-Jan	<u>Tuesday</u> 11-Jan	<u>Wednesday</u> 12-Jan	<u>Thursday</u> 13-Jan	<u>Friday</u> 14-Jan	<u>Saturday</u> 15-Jan
3 Weeks to Post Season	5th - Mat	5th - Mat	Clear Lake @ SLHS V, G, JV	5th - Mat	5th - Mat	Spartan Hall of Fame Invitational at Seven Lakes V, JV, G, JVG
	7th - Mat	7th - Mat		7th - Mat	7th - Mat	
	Team Meeting 2:45-3:00pm Navy Practice 3:15-4:45 Orange Practice 3:15-5:00 Weight Lifting Day	*Navy Practice 2:35-3:30* *Orange Practice 3:30-5:00*		Navy Practice 3:15-4:45 Orange Practice 3:15-5:00 Weight Lifting Day	Navy Practice 3:15-4:30 Orange Practice 3:15-4:45	
16-Jan	17-Jan	18-Jan	19-Jan	20-Jan	21-Jan	22-Jan
2 Weeks to Post Season	No School	5th - Mat	Brazoswood @ SLHS V, G, JV (Senior Night)	5th - Mat	5th - Mat	Crimson Talon @ OTHS V, G, JV
	Team Meeting 8:45-9:00am All Practice 9:00-12:00 Weight Lifting Day	7th - Mat		7th - Mat	7th - Mat	
		Navy Practice 2:35-3:30 *Orange Practice 3:30-5:00*		Navy Practice 3:15-4:45 Orange Practice 3:15-5:00 Weight Lifting Day	Navy Practice 3:15-4:30 Orange Practice 3:15-4:45	
23-Jan	24-Jan	25-Jan	26-Jan	27-Jan	28-Jan	29-Jan
1 Week to Post Season	5th - Mat	5th - Mat	Tompkins @ OTHS V, G, JV	5th - Mat	5th - Mat	Spartan Duals @ SLHS V & G
	7th - Mat	7th - Mat		7th - Mat	7th - Mat	
	Team Meeting 2:45-3:00pm Navy Practice 3:15-4:45 Orange Practice 3:15-5:00 Weight Lifting Day	*Navy Practice 2:35-3:30* *Orange Practice 3:30-5:00*		Navy Practice 3:15-4:45 Orange Practice 3:15-5:00 Weight Lifting Day	Navy Practice 3:15-4:30 Orange Practice 3:15-4:45	

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<u>Sunday</u> 30-Jan	<u>Monday</u> 31-Jan	<u>Tuesday</u> 1-Feb	<u>Wednesday</u> 2-Feb	<u>Thursday</u> 3-Feb	<u>Friday</u> 4-Feb	<u>Saturday</u> 5-Feb
Districts	5th - Mat	5th - Mat	5th - Mat	5th - Mat	Varsity Boys and Girls District Championships @ LMC	JV Boys, JV Girls, and Rookie Boys District Championships @ LMC
	7th - Mat	7th - Mat	7th - Mat	7th - Mat		
	Team Meeting 2:45-3:00pm Navy Practice 3:15-4:45 Orange Practice 3:15-5:00 Weight Lifting Day	Navy Practice 3:15-4:30 Orange Practice 3:15-4:45	Navy Practice 3:15-4:45 Orange Practice 3:15-5:00 Weight Lifting Day	Navy Practice 3:15-4:30 Orange Practice 3:15-4:45		
6-Feb	7-Feb	8-Feb	9-Feb	10-Feb	11-Feb	12-Feb
Regionals	5th - Mat	5th - Mat	5th - Mat	5th - Mat	Region III Championships at LMC	Region III Championships at LMC
	7th - Mat	7th - Mat	7th - Mat	7th - Mat		
	Team Meeting 2:45-3:00pm Post Season Practice 3:15-5:00 Weight Lifting Day	Post Season Practice 3:15-5:00	Post Season Practice 3:15-5:00 Weight Lifting Day	Post Season Practice 3:15-5:00		
13-Feb	14-Feb	15-Feb	16-Feb	17-Feb	18-Feb	19-Feb
State	5th - Mat	5th - Mat	5th - Mat	5th - Mat	State Championships at The Berry Center	State Championships at The Berry Center
	7th - Mat	7th - Mat	7th - Mat	7th - Mat		
	Team Meeting 2:45-3:15 Post Season Practice 3:15-5:00 Weight Lifting Day	Post Season Practice 3:15-5:00	Post Season Practice 3:15-5:00 Weight Lifting Day	Post Season Practice 3:15-5:00		

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20-Feb	21-Feb	22-Feb	23-Feb	24-Feb	25-Feb	26-Feb
Break	No School Teacher Inservice	No Athletic Period Workout or After School Workouts	No Athletic Period Workout or After School Workouts	No Athletic Period Workout or After School Workouts	No Athletic Period Workout or After School Workouts	
27-Feb	1-Mar	2-Mar	3-Mar	4-Mar	5-Mar	6-Mar
Spring Preparations	Workouts TBA	Workouts TBA	Workouts TBA	Workouts TBA	Workouts TBA	
6-Mar	7-Mar	8-Mar	9-Mar	10-Mar	11-Mar	12-Mar
Spring Preparations	Workouts TBA	Workouts TBA	Workouts TBA	Workouts TBA	Workouts TBA	Spring Break Next Week

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