

# November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9 <i>1st practice</i> 3:15—5:45	10 <i>practice</i> 3:15—5:45	11 <i>No school</i> <i>Mini Camp</i> <i>Starts @ 10am, sack</i> <i>lunch, over @ 3pm</i>	12 <i>practice</i> 3:15—5:45	13 <i>practice</i> 3:15—5:45	14
15	16 <i>practice</i> 3:15—5:45	17 <i>practice</i> 3:15—5:45	18 <i>practice</i> 3:15—5:45 <i>Parent Meeting @</i> <i>Baja Fresh @ 7pm</i>	19 <i>practice</i> 3:15—5:45	20 <i>practice</i> 3:15—5:45	21 <b>Hydration testing</b> <b>Gear check out</b> <b>Pictures— start @</b> <b>8am</b>
22	23 <i>practice</i> 3:15—5:45	24 <i>Finals</i> <i>Practice 11:30—2:30</i>	25 <i>Finals</i> <i>Practice 11:30—2:30</i>	26 <b>THANKSGIVING</b>	27 <b>1st Annual Turkey</b> <b>Bowl! Valley Lanes</b> <b>11am-1:30pm.</b> <b>Details to follow!</b>	28
29	30 <i>No School</i> <i>practice</i> 3:15—5:45					

# December 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>practice</i> 3:15—5:45	2 <i>practice</i> 3:15—5:45	3 <i>practice</i> 3:15—5:45 <i>Wrestle-offs</i>	4 <i>practice</i> 3:15—5:45 <i>Wrestle-offs</i>	5 <b>Centennial Tourney-Var/JV</b> <b>Centralia Tourney</b> <b>Everyone else</b>
6	7 <i>practice</i> 3:15—5:45	8 <i>practice</i> 3:15—5:45	9 <i>practice</i> 3:15—5:45	10 <b>Tualatin @ SRHS</b>	11 <i>practice</i> 3:15—5:45	12
13	14 <i>practice</i> 3:15—5:45	15 <i>practice</i> 3:15—5:45	16 <i>practice</i> 3:15—5:45	17 <b>SRHS @ Tigard</b>	18 <i>practice</i> 3:15—5:45	19 <b>Canby Tourney</b>
20	21 <b>BREAK STARTS</b> <i>Practice 10-12:30</i>	22 <i>Practice 10-12:30</i> <b>White Elephant Party 6pm-8pm</b> <b>Godfather's Pizza</b>	23 <i>Practice 10-12:30</i>	24 <i>Christmas eve</i>  <i>No Practice</i>	25 <i>Christmas</i>  <i>No Practice</i>	26
27 <i>practice</i> 3:15—5:45 to get ready for NW Duals	28 <i>practice</i> 3:15—5:45 to get ready for NW Duals	29 <b>NW Duals</b> <i>Frosh/Novice practice 10-12</i>	30 <b>NW Duals</b> <i>Frosh/Novice practice 10-12</i>	31 <i>Practice 10-12:00</i>		

# January 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <i>No Practice</i>	2
3	4 <i>1st DAY BACK</i> <i>practice</i> 3:15—5:45	5 <i>practice</i> 3:15—5:45	6 <i>practice</i> 3:15—5:45	7 <i>practice</i> 3:15—5:45	8 <b>Barlow Tourney</b>	9
10	11 <i>practice</i> 3:15—5:45	12 <i>practice</i> 3:15—5:45	13 <i>practice</i> 3:15—5:45	14 <b>SRHS @ Beaverton</b>	15 <i>practice</i> 3:15—5:45	16 <b>SRHS Tourney</b>
17	18 <i>NO SCHOOL</i> <i>practice</i> 3:15—5:45	19 <i>practice</i> 3:15—5:45	20 <i>practice</i> 3:15—5:45	21 <b>Sunset @ SRHS</b>	22 <i>practice</i> 3:15—5:45	23 <b>South Albany Tourney</b>
24	25 <i>practice</i> 3:15—5:45	26 <i>practice</i> 3:15—5:45	27 <b>SRHS @ Westview</b>	28 <i>practice</i> 3:15—5:45	29 <i>practice</i> 3:15—5:45	30 <b>Tigard Tourney</b>
31						

# February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>NO SCHOOL</i> <i>practice</i> 3:15—5:45	2 <i>practice</i> 3:15—5:45	3 <i>practice</i> 3:15—5:45	4 <i>practice</i> 3:15—5:45	5 <i>practice</i> 3:15—5:45	6 <b>Gresham Tourney</b>
7	8 <i>practice</i> 3:15—5:45	9 <i>practice</i> 3:15—5:45	10 <i>practice</i> 3:15—5:45	11 <b>Aloha @ SRHS</b>	12 <i>practice</i> 3:15—5:45	13
14	15 <i>NO SCHOOL</i> <i>practice</i> 3:15—5:45	16 <i>practice</i> 3:15—5:45	17 <i>practice</i> 3:15—5:45	18 <i>practice</i> 3:15—5:45	19 <b>Districts @ SRHS</b>	20 <b>Districts @ SRHS</b>
21	22 <i>Team Meeting 2:50</i> <i>Gear Check-in/ Ind.</i> <i>Conferences</i> <i>State Practice</i>	23 <i>State Practice</i> 3:15—5:45	24 <i>State Practice</i> 3:15—5:45	25 <b>State Tourney @ Memorial Col.</b>	26 <b>State Tourney @ Memorial Col.</b>	27 <b>State Tourney @ Memorial Col.</b>
28	<i>Gear Check in and individual conferences for state competitors</i> 2:45					