

2012

Stillman Valley Wrestling Club - January

2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Practice Black - 5:30-7:00 OREGON, ROCHELLE, & JANUARY DUAL MEET @ HOME \$ DUE	4 Practice Red - 5:30-6:30 Black - 5:30-7:00	5 NO PRACTICE 5:30 Weigh-ins @ SVHS for Harlem tournament Marengo/Mendota @ SV	6	7 Varsity @ Geneva Tourney
8 Harlem Leave @ 6:30 AM	9 Practice Red - 5:30-6:30 Black - 5:30-7:00	10 NO PRACTICE Byron/Rock Luth. @ SV	11 Practice Black - 5:30-7:00	12 Practice Red - 5:30-6:30 Black - 5:30-7:00 @ Oregon with Genoa	13 Dual Meet @ Home 5:30 All wrestlers @ HS by 5:15 PM	14 West Carroll Tournament @ J'burg w/ Harv/Winn
15	16	17 Practice Red - 5:30-6:30 Black - 5:30-7:00 MENDOTA DEKALB \$ DUE	18 Practice Black - 5:30-7:00 @ Dakota	19 Practice Red - 5:30-6:30 Black - 5:30-7:00 Le-Win @ SV @ Rockford Guilford	20	21 JV BNC Tour. @ Hampshire
22 Rochelle Leave @ 6:45 AM	23 Practice Red - 5:30-6:30 Black - 5:30-7:00	24 NO PRACTICE West Carroll @ SV West Carroll/Morrison @ SV	25 Practice Black - 5:30-7:00	26 Practice Red - 5:30-6:30 Black - 5:30-7:00 Dixon @ SV @ Newman with Rock Falls	27	28 Byron Tournament JV @ Harvard Tournament
29 Oregon Leave @ 6:45 AM	30	31 Practice Black - 5:30-7:00				
		Notes: MANDATORY PRACTICE DATES FOR ALL JUNIOR HIGH WRESTLERS - 4th, 11th, 18th, 25th Practice nights: Red = 8 and unders, Black = 9 and ups www.stillmanvalleywrestling.com				
Meridian Jr. High Meets S.V. High School Meets		Coaches: Tim Duffy 815-262-4801 Josh Johnson 815-978-9868 Jim Sigwards 815-716-0393 Matt Ludens 815-703-0432 Lance Lagerhausen 815-703-9579 Jason Varilek 815-218-7546 Mike VanVleet 815-985-4006 Jarred Doane Chris Wiehle 815-761-7217 Matt Duffy 815-980-7816				
ALL PRACTICES ARE IN THE HIGH SCHOOL WRESTLING ROOM (unless otherwise stated)						