

2011

Stillman Valley Wrestling Club - November

2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8 Practice Red - 5:30-6:30 Black - 6:30-8:00	9 Practice Black - 6:30-8:00	10 Practice Red - 5:30-6:30 Black - 6:30-8:00	11	12
13	14	15 Practice Red - 5:30-6:30 Black - 6:30-8:00	16 Practice Black - 6:30-8:00	17 Practice Red - 5:30-6:30 Black - 6:30-8:00	18	19
20	21 Practice Red - 5:30-6:30 Black - 6:30-8:00	22 Practice Red - 5:30-6:30 Black - 6:30-8:00 BYRON, DEKALB, SCHAUMBURG \$ DUE	23 NO PRACTICE Oswego/Sterling @ Yorkville	24 HAPPY THANKSGIVING NO PRACTICE	25 Varsity @ Barrington Tournament	26 JV @ Newman Tourn.
27	28	29 Practice Red - 5:30-6:30 Black - 6:30-8:00 @AFC with Le-Win	30 Practice Black - 6:30-8:00			
		Notes:				
		www.stillmanvalleywrestling.com				
	Meridian Jr. High Meets S.V. High School Meets					
ALL PRACTICES ARE IN THE HIGH SCHOOL WRESTLING ROOM (unless otherwise stated)	Coaches: Tim Duffy 815-262-4801 Josh Johnson 815-978-9868 Jim Sigwards 815-716-0393		Lance Lagerhausen 815-703-9579 Jason Varilek 815-218-7546		Chris Wiehle 815-761-7217 Matt Duffy 815-980-7816	