

2009

Stillman Valley Wrestling Club - December

2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 C Practice Red - 5:30-6:30 Black - 6:00-7:30	2	3 Dakota Leave @ TBA	4	5
Meridian Jr. High Meets S.V. High School Meets		w/AFC @ Le-Win		@ Dakota		
6 Byron All wrestlers @ HS by 7:00 AM	7 TEAM PICTURES 6:00 in Wrestling Room NO PRACTICE AFTERWARDS	8 D Practice Red - 5:30-6:30 Black - 6:00-7:30	9	10 A Practice Red - 5:30-6:30 Black - 6:00-7:30 BELVIDERE RFD. EAST \$ DUE	11	12
		@ Sandwich				
13 Kaneland Leave @ 6:15 AM	14 B Practice Black - 5:30-7:00	15 C Practice Red - 5:30-6:30 Black - 6:00-7:30 SYCAMORE HARLEM \$ DUE	16	17 D Practice Red - 5:30-6:30 Black - 6:00-7:30	18	19 Holiday Tournament
20 Stillman Valley All wrestlers @ HS by 7:00 AM Registration is FREE!	21 A Practice Black - 5:30-7:00	22 B Practice Red - 5:30-6:30 Black - 6:00-7:30	23	24 NO PRACTICE	25 Merry Christmas! NO PRACTICE	26 Belvidere Leave @ 6:15 AM
27 Rockford East Leave @ 6:30 AM	28 NO PRACTICE	29 NO PRACTICE Sandwich JV Tournament Varsity @ Dekalb Tournament	30 NO PRACTICE	31 NO PRACTICE		
		Notes: COACHES MEETINGS: 10TH & 17TH				
		www.stillmanvalleywrestling.com				
ALL PRACTICES ARE IN THE HIGH SCHOOL WRESTLING ROOM (unless otherwise stated)	Coaches: Tim Duffy 815-262-4801 Tim DeVries 815-739-8589 Bowe Tomash 815-721-1927 Chris Wiehle 815-761-7217 Todd Jennings 815-222-0344		Lance Lagerhausen Jason Varilek 815-218-7546 Matt Duffy 815-298-9060 Gene Iturbide Mike VanVleet		Clayton Duffy Travis Hagemann Josh Johnson 815-978-9868 Steve Pierce	