

2010

Stillman Valley Wrestling Club - February

2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 D Practice Black - 5:30-7:00	2 A Practice Red - 5:30-6:30 Black - 6:00-7:30 Rfd Lutheran/AFC @ SV	3 Belvidere Central @ SV	4 B Practice Red - 5:30-6:30 Black - 6:00-7:30	5 IHSA Regionals	6
7 Mendota Leave @ 6:15 AM	8 D Practice Black - 5:30-7:00 Harvard @ SV	9 C Practice Red - 5:30-6:30 Black - 6:00-7:30 @ Dixon	10	11 A Practice Red - 5:30-6:30 Black - 6:00-7:30	12 IHSA Sectionals	13 Danville (weigh-ins) Leave @ 11:00 AM
14 Danville	15 NO PRACTICE Rockford Lutheran Tourn.	16 B Practice Red - 5:30-6:30 Black - 6:00-7:30	17	18 C Practice Red - 5:30-6:30 Black - 6:00-7:30 @ Genoa	19 IHSA Individual State Finals	20
21	22 A Practice Black - 5:30-7:00 @ Harlem	23 D Practice Red - 5:30-6:30 Black - 6:00-7:30	24 @ Polo	25 B Practice Red - 5:30-6:30 Black - 6:00-7:30	26 IHSA Team State Finals	27 IKWF Regionals Stillman Valley
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		Notes: MANDATORY PRACTICE DATES FOR ALL JUNIOR HIGH WRESTLERS - 1st, 8th, 16th, 23rd COACHES MEETINGS: 4TH & 18TH 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 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	