

2009

# Stillman Valley Wrestling Club - November

2009

| Sunday   | Monday  | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday                        |
|--|---|---|--|---|---|---------------------------------|
| 1  | 2   | 3<br>Practice<br>Red - 5:30-6:30<br>Black - 6:00-7:30   | 4  | 5<br>A<br>Practice<br>Red - 5:30-6:30<br>Black - 6:00-7:30  | 6   | 7                               |
| 8  | 9<br>B<br>Practice<br>Black - 5:30-7:00   | 10<br>C<br>Practice<br>Red - 5:30-6:30<br>Black - 6:00-7:30                                       | 11   | 12<br>D<br>Practice<br>Red - 5:30-6:30<br>Black - 6:00-7:30 | 13  | 14                              |
| 15   | 16<br>A<br>Practice<br>Black - 5:30-7:00  | 17<br>B<br>Practice<br>Red - 5:30-6:30<br>Black - 6:00-7:30                                       | 18   | 19<br>C<br>Practice<br>Red - 5:30-6:30<br>Black - 6:00-7:30 | 20  | 21                              |
| 22   | 23<br>A<br>Practice<br>Black - 5:30-7:00  | 24<br>D<br>Practice<br>Red - 5:30-6:30<br>Black - 6:00-7:30<br><b>BYRON &amp; KANELAND \$ DUE</b> | 25<br><b>@ Yorkville</b>   | 26<br><b>HAPPY THANKSGIVING NO PRACTICE</b>                 | 27<br><b>Varsity @ Barrington Tournament</b>                                  | 28<br><b>JV @ Newman Tourn.</b> |
| 29   | 30<br>B<br>Practice<br>Black - 5:30-7:00  |   |  |   |   |                                 |
|  |   | Notes:<br><b>COACHES MEETINGS: 5TH &amp; 19TH</b>   |  |   |   |                                 |
|  |   | <a href="http://www.stillmanvalleywrestling.com">www.stillmanvalleywrestling.com</a>              |  |   |   |                                 |
|  | Meridian Jr. High Meets<br><b>S.V. High School Meets</b>  |   |  |   |   |                                 |
| <b>ALL PRACTICES ARE IN THE HIGH SCHOOL WRESTLING ROOM (unless otherwise stated)</b> | Coaches:<br>Tim Duffy 815-262-4801<br>Tim DeVries 815-739-8589<br>Bowe Tomash 815-721-1927<br>Chris Wiehle 815-761-7217<br>Todd Jennings 815-222-0344 |   | Lance Lagerhausen<br>Jason Varilek 815-218-7546<br>Matt Duffy 815-298-9060<br>Gene Iturbide<br>Mike VanVleet |   | Clayton Duffy<br>Travis Hagemann<br>Josh Johnson 815-978-9868<br>Steve Pierce |                                 |