

**2017-2018 Madison West Wrestling  
Practice Schedule**

*Practice will be held in Van Hise Gym from 4:00-6:00 pm, unless otherwise stated*

**Pre-Season**

Tues 10/31           Open Mats (4:00-6:00 pm)  
Thurs 11/2           Open Mats (4:00-6:00 pm)  
Tues 11/7           Open Mats (4:00-6:00 pm). Pre-Season Team meeting @ 4 pm  
Thurs 11/9           Open Mats (4:00-6:00 pm). Skinfold testing @ 4 pm in training room

**Week 1**

Mon 11/13           No Practice. Parent/Teacher Conf  
Tues 11/14           Practice  
Wed 11/15           Practice  
Thurs 11/16          Practice. Makeup skinfold testing @ 4 pm in training room.  
Fri 11/17           Practice

**Week 2**

Mon 11/20           Practice. Parent/Athlete meeting @ 6 pm (Van Hise Gym)  
Tues 11/21           No Practice. Parent/Teacher Conf  
Wed 11/22           No School. Practice (9:30am-11:00am). Parent/Teacher Comp Day  
Thurs 11/23          No School & No Practice (Thanksgiving Holiday)  
Fri 11/24           No School. Practice (9:30am-11:00am)  
Sat 11/25           Practice (9:30am-11:00am)

**Week 3**

Mon 11/27           Early Release Day. Practice (3:00-5:00 pm). imPACT testing @ 3 pm  
Tues 11/28           All-City Scrimmage @ Madison LaFollette  
Wed 11/29           Practice (wrestle-offs & equipment issue)  
Thurs 11/30          Practice  
Fri 12/1           Practice (Athlete/Coach meetings - Goal Setting)  
Sat 12/2           Multi-Duals at East Troy (Varsity only)

**Week 4**

Mon 12/4           Practice  
Tues 12/5           Practice (Team Pictures @ 4 pm)  
Wed 12/6           Away Dual Meet @ Middleton  
Thurs 12/7           Practice  
Fri 12/8           No School. Practice (9:30am-11:00am)  
Sat 12/9           Varsity Invite @ Sun Prairie and JV Invite @ Middleton

**Week 5**

Mon 12/11           Early Release Day. Practice (3:00-5:00 pm)  
Tues 12/12           Practice  
Wed 12/13           Away Dual Meet @ Janesville Craig  
Thurs 12/14          Practice  
Fri 12/15           Practice  
Sat 12/16           Varsity Invite @ Mount Horeb

**Week 6 (Winter Break starts Fri 12/22)**

Mon 12/18	Practice
Tues 12/19	Practice (Secret Santa name drawing after practice)
Wed 12/20	Practice
Thurs 12/21	Practice
Fri 12/22	No Practice

**Week 7 (Winter Break)**

Mon 12/25	No Practice
Tues 12/26	No Practice
Wed 12/27	Practice (9:30-11:00 am)
Thurs 12/28	Practice (9:30-11:00 am)
Fri 12/29	Practice (9:30-11:00 am) - conditioning in swimming pool (bring suit & towel)

**Week 8 (Winter Break ends Tues 1/2)**

Mon 1/1	No Practice
Tues 1/2	Practice (9:30-11:00 am)
Wed 1/3	Practice
Thurs 1/4	Practice (Secret Santa gift exchange after practice)
Fri 1/5	Home Dual Meet vs Verona (Parent Recognition Night)
Sat 1/6	JV Regionals @ Middleton

**Week 9**

Mon 1/8	Early Release Day (Practice 3:00-5:00 pm)
Tues 1/9	Practice
Wed 1/10	Practice
Thurs 1/11	Practice
Fri 1/12	Home Dual Meet vs Madison Memorial (Youth Night)
Sat 1/13	Varsity Invite @ Milwaukee Hamilton

**Week 10**

Mon 1/15	No School & No Practice (Martin Luther King Jr Day)
Tues 1/16	No Practice (Study Day)
Wed 1/17	Final Exam Day #1 (Practice 3:00-4:30 pm)
Thurs 1/18	Final Exam Day #2 (Practice 12:30-2:00 pm)
Fri 1/19	Final Exam Day #3. Showcase Dual Meet @ Madison East
Sat 1/20	Varsity and JV Invite at Madison East

**Week 11**

Mon 1/22	Early Release Day (Practice 3:00-5:00 pm)
Tues 1/23	Practice
Wed 1/24	Practice
Thurs 1/25	Practice (location TBD)
Fri 1/26	Multi-Duals @ Poynette (leave school at 2 pm)
Sat 1/27	OFF

### **Week 12**

Mon 1/29	Early Release Day (Practice 3:00-5:00 pm)
Tues 1/30	Home Dual Meet vs Belleville (Senior Night)
Wed 1/31	Wed 2/1: Practice
Thurs 2/1	Away Dual Meet @ Cambridge
Fri 2/2	JV Conference @ Madison LaFollette. Varsity Practice (4-5 pm - <b>location TBD</b> )
Sat 2/3	Varsity Conference @ Madison LaFollette

*\* JV competition season ends on Fri. 2/2, but please continue to attend practice for the next two weeks.*

### **Week 13**

Mon 2/5	Practice
Tues 2/6	Practice
Wed 2/7	Practice
Thurs 2/8	Practice
Fri 2/9	No School & No Practice (Staff Only Day)
Sat 2/10	Varsity Regionals @ Middleton

### **Week 14**

Mon 2/12	Early Release Day (Practice 3:00-5:00 pm) – Equipment Return
Tues 2/13	Practice
Wed 2/14	Practice. Team awards vote after practice (must be present to vote)
Thurs 2/15	Practice
Fri 2/16	Practice ( <b>location TBD</b> )
Sat 2/17	Varsity Sectionals @ Waunakee

### **Week 15**

Mon 2/19	Practice if we have a State Qualifier - otherwise Open Mats (Optional)
Tues 2/20	Practice if we have a State Qualifier - otherwise Off (polling day in VH gym)
Wed 2/21	Practice if we have a State Qualifier - otherwise Open Mats (Optional)
R,F,S 2/22-2/24	Individual State Tournament @ Kohl Center
Sun 2/25	Team Banquet - location TBD

### **Post-Season**

Tues 2/27	ACT Testing Day (no Open Mats)
Thurs 3/1	Open Mats (4:00-6:00 pm) - Optional
Mon 3/5	All-City Wrestling Banquet @ Madison East High School
Tues 3/4	Open Mats (4:00-6:00 pm) - Optional. Move mats to storage for the season.