

December 2022 East Kentwood Wrestling



SUN	MON	TUES	WED	THURS	FRI	SAT
				1 In Season Practice 2: 50-4:30pm	2 In Season Practice 2:50- 5:00pm	3
4 <u>ONE MORE:</u>	5 In Season Practice 2: 50-5:00pm	6 In Season Practice 2: 50-5:00pm	7 ALL LEVELS - @ Hudsonville Quad 5:00- 9:00pm	8 In Season Practice 2: 50-4:30pm	9 In Season Practice 2:50- 5:00pm	10 Varsity @Big Rapids Cardinal Invitational Team Duals 9:00am
11 <u>ONE MORE:</u>	12 In Season Practice 2: 50-5:00pm	13 In Season Practice 2: 50-4:30pm	14 1/2 Day Exams Hours 1&2 - In Season Practice 11:10- 1:00pm	15 1/2 Day Exams Hours 3&4 In Season Practice 11:10-1: 00pm	16 1/2 Day Exams 5&6 In Season Practice 11:10- 1:00pm	17 Kent County Championships HOME - JV Athletes will Work Tournament; 9:00am
18 <u>ONE MORE:</u>	19 In Season Practice 11:00-1:00pm	20 In Season Practice 11: 00-1:00pm	21 Holiday Break No School ALL LEVELS Dual HOME vs Wayland 4:30-8pm Social to follow @ Peppinos!!	22 NO PRACTICE	23 NO PRACTICE	24 Christmas Eve
25 <u>ONE MORE:</u>	26 In Season Practice 11:00-1:00pm	27 In Season Practice 11: 00-1:00pm	28 Holiday Break No School ALL LEVELS @ Grandville HS Marge and Tate Invitational 9:00am	29 In Season Practice 11:00-1:00pm	30 NO PRACTICE	31 New Year's Eve
NOTES						
We will need adult volunteers for 12/17 County Tournament	Plan transportation to holiday break practices.	Communicate your absences with a Coach before you miss a practice.	Head Coach Eric Foster 616- 291-9907	Asst. Coach Ben DeMaaad	Asst. Coach Eric Frandsen 616-292-7911	Asst. Coach Austin Caster 616-437-0485

