

# February 2023 East Kentwood Wrestling



SUN	MON	TUES	WED	THURS	FRI	SAT
			<b>1</b>  <b>ALL LEVELS - OK RED DUAL vs Caledonia 5:00-9:00pm</b>	<b>2</b>  In-Season Practice 2:50-5:00pm	<b>3</b>  <b>Varsity Boys &amp; Girls - OK RED Individual Championships @Grand Haven HS</b>	<b>4</b>  <b>JV Boys and Girls - OK RED individual Championships @Hudsonville HS</b>
<b>5</b>  <b>ONE MORE:</b>	<b>6</b>  In-Season Practice 2:50-4:45pm	<b>7</b>  In-Season Practice 2:50-4:45pm	<b>8</b>  <b>MHSAA TEAM DISTRICT CHAMPIONSHIPS Host: Byron Center HS 5:00pm</b>	<b>9</b>  In-Season Practice 2:50-4:45pm	<b>10</b>  In-Season Practice 2:50-4:45pm	<b>11</b>  <b>MHSAA INDIVIDUAL BOYS DISTRICT CHAMPIONSHIPS Host: Grand Haven HS</b>
<b>12</b>  <b>ONE MORE:</b>	<b>13</b>  In-Season Practice 2:50-4:30pm	<b>14</b>  In-Season Practice 2:50-4:30pm	<b>15</b>  <b>MHSAA TEAM REGIONALS CHAMPIONSHIPS TBD or In-Season Practice 2:50-4:30pm</b>	<b>16</b>  In-Season Practice 2:50-4:30pm	<b>17</b>  In-Season Practice 2:50-4:00pm	<b>18</b>  <b>MHSAA INDIVIDUAL BOYS REGIONAL CHAMPIONSHIPS Host: Rockford HS</b>
<b>19</b>  <b>MHSAA INDIVIDUAL GIRLS REGIONAL CHAMPIONSHIPS</b>	<b>20</b>  In-Season Practice 2:50-4:00pm	<b>21</b>  In-Season Practice 2:50-4:00pm	<b>22</b>  In-Season Practice 2:50-4:00pm	<b>23</b>  In-Season Practice 2:50-4:00pm	<b>24</b>  <b>MHSAA TEAM STATE CHAMPIONSHIPS</b>	<b>25</b>  <b>MHSAA TEAM STATE CHAMPIONSHIPS</b>
<b>26</b>	<b>27</b>  In-Season Practice 2:50-4:00pm	<b>28</b>  In-Season Practice 2:50-4:00pm	<b>1 March</b>  In-Season Practice 2:50-4:00pm	<b>2 March</b>  In-Season Practice 2:50-4:00pm	<b>3 March</b>  <b>MHSAA INDIVIDUAL STATE CHAMPIONSHIPS @FORD FIELD</b>	<b>4 March</b>  <b>MHSAA INDIVIDUAL STATE CHAMPIONSHIPS @FORD FIELD</b>
<b>NOTES</b>			Head Coach Eric Foster 616-291-9907	Asst. Coach Ben DeMaagd 616-890-2772	Asst. Coach Eric Frandsen 616-292-7911	Asst. Coach Austin Caster 616-437-0485