

# January 2023 East Kentwood Wrestling



SUN	MON	TUES	WED	THURS	FRI	SAT
1 <b>ONE MORE:</b>	2 <b>NO SCHOOL NO PRACTICE</b>	3 In-Season Practice 2:50-5:00pm	4 In-Season Practice 2:50-5:00pm	5 In-Season Practice 2:50-5:00pm	6 <b>ALL LEVELS - OK RED QUAD @Hudsonville HS 5:00-9:00pm</b>	7 Varsity Boys @West Catholic Tournament 9:00am; JV Boys & Girls HOME
8 <b>ONE MORE:</b>	9 In-Season Practice 2:50-5:00pm	10 In-Season Practice 2:50-4:30pm	11 <b>ALL LEVELS - OK RED QUAD @Jenison HS 4:30-8:30pm</b>	12 In-Season Practice 2:50-4:30pm	13 JV Boys @Laingsburg HS In-Season Practice 2:50-4:30pm	14 Girls @Northview 9:00am; Varisty Quad vs. FHC, KZOO Central, Fruitport
15 <b>ONE MORE:</b>	16 In-Season Practice 2:50-5:00pm	17 In-Season Practice 2:50-4:30pm	18 In-Season Practice 2:50-5:00pm	19 In-Season Practice 2:50-4:30pm	20 <b>ALL LEVELS - OK RED DUAL vs Caledonia 5:00-9:00pm</b>	21 Girls @West Ottawa 9:00am
22 <b>ONE MORE:</b>	23 In-Season Practice 2:50-5:00pm	24 In-Season Practice 2:50-4:30pm	25 <b>ALL LEVELS - OK RED QUAD @Grand Haven HS 4:30-8:30pm</b>	26 In-Season Practice 2:50-4:30pm	27 In-Season Practice 2:50-4:30pm	28 <b>Varsity Boys @Forest Hill Northern Duals 9:00am; JV Boys &amp; Girls @Grand Haven Individual</b>
29 <b>ONE MORE:</b>	30 In-Season Practice 2:50-5:00pm	31 In-Season Practice 2:50-4:30pm	1 February <b>ALL LEVELS - OK RED DUAL vs Caledonia 5:00-9:00pm</b>	2 February In-Season Practice 2:50-5:00pm	3 February Varsity Boys & Girls - OK RED Individual Championships @Grand Haven HS	4 February JV Boys & Girls - OK RED individual Championships @Hudsonville HS
<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