

THOMAS DALE WRESTLING SCHEDULE

November

2009

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
	First Day of Practice	Practice	Practice (Fat Test)	Practice	Practice	7 Mile STUD Run @ DALE (10am-12pm)
22	23	24	25	26	27	28
Rest Day	Practice	Practice (Fat Test)	3hr early release Practice	Turkey Day Rest Day	No School Rest Day	Scrimmage (10am-1pm)
29	30					
Rest Day	Practice (Fat Test Make-up day)					

Practice times are 3:00pm - 5:30pm unless otherwise noted

****All Dates and Times are subject to change and should be verified with a Coach a few days prior to event****

THOMAS DALE WRESTLING SCHEDULE

December

2009

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1	2	3	4	5
		Maroon and Gray Match @ DALE	Practice	JV @ DALE / Practice	Practice	Practice (10am-12pm)
6	7	8	9	10	11	12
Rest Day	Practice	Practice	District Match @ Matoaca	JV @ New Kent / Practice	Practice	Varsity: Manchester Duals @ Manchester JV: Tournament @ Colonial Heights
13	14	15	16	17	18	19
Rest Day	Practice	Practice	3hr early release Practice (11:30am-1:30pm)	3hr early release Practice (11:30am-1:30pm)	Varsity: Richmond Invitational @ Hermitage (day 1)	Varsity: Richmond Invitational @ Hermitage (day 2)
20	21	22	23	24	25	26
	-Winter Break- Practice (10am-12pm)	-Winter Break- Practice (10am-12pm)	-Winter Break- Practice (10am-12pm)	-Winter Break- Rest Day	-Winter Break- X-mas Day Rest Day	Rest Day
27	28	29	30	31		
Rest Day	-Winter Break- Practice (10am-12pm) Travel to Arundel (4pm)	-Winter Break- JV / Varsity: Arundel Tournament @ Annapolis, MD (day 1)	-Winter Break- JV / Varsity: Arundel Tournament @ Annapolis, MD (day 2)	-Winter Break- Rest Day		

Practice times are 3:00pm - 5:30pm unless otherwise noted

****All Dates and Times are subject to change and should be verified with a Coach a few days prior to event****

THOMAS DALE WRESTLING SCHEDULE

January

2010

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1 -Winter Break- Rest Day	2 Rest Day
3 Rest Day	4 Practice	5 Practice	6 District Quad @ HOME (Colonial Heights, Louisa, Meadowbrook)	7 JV @ Bird / Practice	8 Varsity: James River Duals @ James River (day 1)	9 Varsity: James River Duals @ James River (day 2)
10 Rest Day	11 Practice	12 Practice	13 District Tri @ Hopewell (Prince George, Hopewell)	14 JV @ James River / Practice	15 Varsity*: Free Lance Super 32 @ RiverBend (day 1)	16 Varsity*: Free Lance Super 32 @ RiverBend (day 2)
17 Rest Day	18 No School / Practice	19 Practice	20 District Tri @ Petersburg (Dinwiddie, Petersburg)	21 JV @ Colonial Heights / Practice	22 Senior Night @ HOME (New Kent, Hanover) Dales Dual Set-up	23 JV: Dale Duals @ HOME Varsity: work tournament
24 Rest Day	25 No School Teacher Work Day Practice	26 Practice	27 Practice	28 JV @ Cosby / Practice	29 Practice	30 Varsity: New Kent Invitational @ New Kent JV: Tournament @ Varina
31 Rest Day						

* OPTIONAL - must qualify / coaches choice

Practice times are 3:00pm - 5:00pm unless otherwise noted

****All Dates and Times are subject to change and should be verified with a Coach a few days prior to event****

THOMAS DALE WRESTLING SCHEDULE

February

2010

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1 Practice	2 Practice	3 Practice	4 Practice	5 Practice	6 Varsity: District Tournament @ Prince George
7 Rest Day	8 Practice	9 Practice	10 Practice	11 Practice	12 Varsity: Regional Tournament @ James River (day 1)	13 Varsity: Regional Tournament @ James River (day 2)
14 Rest Day	15 3hr early release Practice	16 Practice	17 Practice	18 Leave for States	19 AAA State Tournament @ Oscar Smith (day 1)	20 AAA State Tournament @ Oscar Smith (day 2)
21	22	23	24	25	26	27
28						

Practice times are 3:00pm - 5:00pm unless otherwise noted

****All Dates and Times are subject to change and should be verified with a Coach a few days prior to event****