


# November 2011

COACH ARNICK  
717-269-3466

| Sun | Mon   | Tue  | Wed  | Thu  | Fri  | Sat   |
|-----|---|--|--|--|--|---|
|     | 31<br><b>9th grade<br/>Impact Testing<br/>CDHS 2:45</b> | 1  | 2  | 3  | 4  | 5   |
| 6   | 7   | 8  | 9  | 10<br><b>Physicals CDHS<br/>GYM<br/>3:00</b> | 11   | 12  |
| 13  | 14  | 15   | 16   | 17   | 18<br><b>1st Practice<br/>@ CD Middle<br/>School 3:00-5:00</b> | 19<br><i>No Practice<br/>Run/Lift<br/>On Own</i>                                      |
| 20  | 21<br><i>Practice @ CD Middle<br/>School 3:00-5:00</i>  | 22<br><i>Practice @ CD Middle<br/>School 3:00-5:00</i> | 23<br><i>Practice @ CD Middle<br/>School 10-11:30 a.m.</i> | 24<br><i>Thanksgiving<br/>No Practice</i>    | 25<br><i>Practice @ CD Middle<br/>School 10-11:30 a.m.</i>     | 26<br><b>Scrimmage<br/>@ Bermudian Springs<br/>9:00 a.m.</b>                          |
| 27  | 28<br><i>No Practice<br/>Run/Lift<br/>On Own</i>        | 29<br><i>Practice @ CD Middle<br/>School 3:00-5:00</i> | 30<br><i>Practice @ CD Middle<br/>School 3:00-5:00</i>     |  |  |  |

# December 2011

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| Sun | Mon   | Tue  | Wed  | Thu  | Fri  | Sat   |
|-----|---|--|--|--|--|---|
|     |   |  |  | 1<br><i>Practice @ CD Middle<br/>School 3:00-5:00</i>  | 2<br><i>Practice @ CD Middle<br/>School 3:00-5:00</i>  | 3<br><b>Scrimmage<br/>@ Northern Lebanon<br/>9 a.m.</b>   |
| 4   | 5<br><i>Practice @ CD Middle<br/>School 3:00-5:00</i><br><b>WRESTLE OFFS</b>  | 6<br><i>Practice @ CD Middle<br/>School 3:00-5:00</i>  | 7<br><i>Practice @ CD Middle<br/>School 3:00-5:00</i>  | 8<br><i>Practice @ CD Middle<br/>School 3:00-5:00</i>  | 9<br><i>Practice @ CD Middle<br/>School 3:00- 5:00</i><br><b>CD DUAL SET UP<br/>AT CDHS 6:00</b> | 10<br><b>CD DUALS @ CDHS<br/>9:00 a.m.</b>  |
| 11  | 12<br><i>Practice @ CD Middle<br/>School 3:00-5:00</i>                        | 13<br><i>Practice @ CD Middle<br/>School 3:00-5:00</i> | 14<br><i>Practice @ CD Middle<br/>School 3:00-5:00</i> | 15<br><i>Practice @ CD Middle<br/>School 3:00-5:00</i> | 16<br><i>Practice @ CD Middle<br/>School 3:00-5:00</i>   | 17<br><b>Milton Individual<br/>Tournament 10:00 a.m.<br/>(Varsity )</b><br><br><b>JV DUALS @<br/>Lower Dauphin 9 a.m.</b> |
| 18  | 19<br><i>Practice @ CD Middle<br/>School 3:00-5:00</i><br><b>WRESTLE OFFS</b> | 20<br><i>Practice @ CD Middle<br/>School 3:00-5:00</i> | 21<br><b>Harrisburg @ Home<br/>5:30</b>                | 22<br><i>Practice @ CD Middle<br/>School 3:00-5:00</i> | 23<br><i>Practice @ CD Middle<br/>School 3:00-5:00</i>   | 24<br><i>Run/Lift<br/><br/>On Own</i>   |
| 25  | 26<br><i>Practice @ CD Middle<br/>School 9-10:30</i>                          | 27<br><b>CV DUALS<br/>9:00 a.m</b>                     | 28<br><i>No Practice</i>                               | 29<br><i>Practice @ CD Middle<br/>School 9-10:30</i>   | 30<br><i>Practice @ CD Middle<br/>School 39-10:30</i>  | 31<br><i>Run/Lift<br/><br/>On Own</i>   |

# January 2012

COACH ARNICK  
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| Sun | Mon   | Tue  | Wed  | Thu  | Fri  | Sat  |
|-----|---|--|--|--|--|--|
| 1   | 2<br><i>Practice @ CD Middle<br/>School 3:00-5:00</i><br><b>WRESTLE OFFS</b>  | 3<br><i>Practice @ CD Middle<br/>School 3:00-5:00</i>  | 4<br><i>Practice @ CD Middle<br/>School 3:00-5:00</i>  | 5<br><b>@ Cumberland<br/>Valley HS 5:00</b>            | 6<br><i>Practice @ CD Middle<br/>School 3:00-5:00</i>  | 7<br><b>Chambersburg @<br/>CDHS 5:30 p.m.</b>        |
| 8   | 9<br><i>Practice @ CD Middle<br/>School 3:00-5:00</i><br><b>WRESTLE OFFS</b>  | 10<br><i>Practice @ CD Middle<br/>School 3:00-5:00</i> | 11<br><b>@ Cedar Cliff HS<br/>5:30 p.m.</b>            | 12<br><i>Practice @ CD Middle<br/>School 3:00-5:00</i> | 13<br><i>Practice @ CD Middle<br/>School 3:00-5:00</i><br><b>Depart for Bellefonte<br/>6:00 p.m.</b> | 14<br><b>Bellefonte<br/>Tournament<br/>9:00 a.m.</b> |
| 15  | 16<br><i>Practice @ CD Middle<br/>School 3:00-5:00</i><br><b>WRESTLE OFFS</b> | 17<br><i>Practice @ CD Middle<br/>School 3:00-5:00</i> | 18<br><b>@ Big Spring HS<br/>5:30 p.m.</b>             | 19<br><b>Carlsisle @ CDHS<br/>5:30 p. m.</b>           | 20<br><b>Northern Tournament<br/>5:00 p.m.</b>   | 21<br><b>Northern Tournament<br/>9:00 a.m.</b>       |
| 22  | 23<br><i>Practice @ CD Middle<br/>School 3:00-5:00</i><br><b>WRESTLE OFFS</b> | 24<br><i>Practice @ CD Middle<br/>School 3:00-5:00</i> | 25<br><i>Practice @ CD Middle<br/>School 3:00-5:00</i> | 26<br><b>@ CD EAST 5:30 p.m.</b>                       | 27<br><i>Take uniforms home to<br/>wash</i>  | 28   |
| 29  | 30<br><b>Uniform Returns<br/>@ CD Middle<br/>3-4:30</b>                       | 31   |  |  |  |  |

# February 2012

COACH ARNICK  
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| Sun | Mon | Tue | Wed   | Thu | Fri | Sat |
|-----|-----|-----|---|-----|-----|-----|
|     |     |     | 1   | 2   | 3   | 4   |
| 5   | 6   | 7   | 8<br><i>Open Gym @<br/>CD MIDDLE SCHOOL<br/>3-4:30</i>  | 9   | 10  | 11  |
| 12  | 13  | 14  | 15<br><i>Open Gym @<br/>CD MIDDLE SCHOOL<br/>3-4:30</i> | 16  | 17  | 18  |
| 19  | 20  | 21  | 22<br><i>Open Gym @<br/>CD MIDDLE SCHOOL<br/>3-4:30</i> | 23  | 24  | 25  |
| 26  | 27  | 28  | 29<br><i>Open Gym @<br/>CD MIDDLE SCHOOL<br/>3-4:30</i> |     |     |     |