

Central Dauphin Wrestling

December 2011

(Schedule subject to change)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Coach Sweigards Cell # 503-7449</i>				1 Practice 2;55 <i>Weight check-Craig Extra Duties-Mike</i>	2 Practice 2;55 <i>Weight check-Craig Extra Duties-Mike</i>	3 Scrimmage @ Me- chanicsburg
4	5 Wrestle—Offs 6:00 <i>Weigh ins and mat set up 5:00</i>	6 Practice 2;55 <i>Weight check-Lee Extra Duties-Jim</i>	7 Practice 2;55 <i>Weight check-Lee Extra Duties-Jim</i>	8 Practice 2;55 <i>Weight check-Lee Extra Duties-Jim</i>	9 Practice 2;55 <i>Weight check-Lee Extra Duties-Jim</i>	10 <i>Brandywine Tournament</i>
11	12 Practice 2;55 <i>Weight check-Mike Extra Duties-Craig</i>	13 Practice 2;55 <i>Weight check-Mike Extra Duties-Craig</i>	14 Practice 2;55 <i>Weight check-Mike Extra Duties-Craig</i>	15 Practice 2;55 <i>Weight check-Mike Extra Duties-Craig</i>	16 Practice 2;55 <i>Weight check-Mike Extra Duties-Craig</i>	17 <i>Beast of the East Tournament</i>
18 <i>Beast of the East Tournament</i>	19 Practice 2;55 <i>Weight check-Jim Extra Duties-Lee</i>	20 Practice 2;55 <i>Weight check-Jim Extra Duties-Lee</i>	21 <i>Harrisburg Dual Meet - Home</i>	22 Practice 2;55 <i>Weight check-Jim Extra Duties-Lee</i>	23 Practice 2;55 <i>Weight check-Jim Extra Duties-Lee</i>	24 TBA
25 <i>Merry Christmas</i>	26 Practice 10:00 <i>Weight check-Lee Extra Duties-Jim</i>	27 28 Practice 10:00 <i>West Perry JV Tourn.</i> <i>Weight check-Lee Extra Duties-Jim</i>	28 Practice 10:00 <i>Varsity departs for Powerade after work- out</i>	29 <i>Power Ade Tournament JV Practice TBA</i>	30 <i>Power Ade Tournament JV Practice TBA</i>	31 TBA