

**Central Dauphin Wrestling**  
 November 2011  
 (schedule subject to change)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Coach Sweigards Cell # 503-7449</i>		1 <i>Weight Certifications</i>	2	3 <i>Pre Season 3:00</i>	4	5
6	7 <i>Pre Season 3:00</i>	8	9	10 <i>Pre Season 3:00</i>	11	12
13 <i>Wrestlers Challenge Picnic to Follow</i>	14	15	16	17	18 <i>First Official Day of Practice  Practice 2:55</i>	19 <i>Practice 9:00</i>
20	21 <i>Practice 2:55  Weight check-Jim Extra Duties-Lee</i>	22 <i>Practice 2:55  Weight check-Jim Extra Duties-Lee</i>	23 <i>No School Practice 9:00 Weight check-Jim Extra Duties-Lee</i>	24 <i>Happy Thanksgiving  No Practice</i>	25 <i>No School Practice 9:00 Weight check-Jim Extra Duties-Lee</i>	26 <i>Scrimmage Bermudian Springs</i>
27	28 <i>No School  Practice 9:00</i>	29 <i>Practice 2:55  Weight check-Craig Extra Duties-Mike</i>	30 <i>Practice 2:55  Weight check-Craig Extra Duties-Mike</i>			