



VHS WRESTLING

SMR/21

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 16	17	18	19	20	21	22
					Spartan Natl's/Jax FL IBT weigh-in (6-8 pm)	Spartan Natl's/Jax FL IBT / Duals weigh-in
23	24	25	26	27	28	29
Spartan Natl's/Jax FL Team Duals	Practice #1 (Lift/WRS 4-6 pm)	Practice #2 (Lift/WRS 4-6 pm)	Practice #3 (Lift/WRS 4-6 pm)	Summer Duals @ VHS (10-4 pm)	NHSCA National Duals / VA Beach weigh-in (6-9 pm)	NHSCA Duals
30	31	June 1	2	3	4	5
NHSCA Duals	DEAD WEEK #1	DEAD WEEK #1	DEAD WEEK #1	DEAD WEEK #1	DEAD WEEK #1	DEAD WEEK #1
6	7	8	9	10	11	12
DEAD WEEK #1	Practice #5 (Lift/WRS 4-6 pm)	Practice #6 (Lift/WRS 4-6 pm)	Practice #7 (Lift/WRS 4-6 pm)	Summer Duals @ VHS (10-4 pm)	Brookwood Duals	Archer Duals
13	14	15	16	17	18	19
	Practice #8 (Lift/WRS 4-6 pm)			Practice #9 (Lift/WRS 4-6 pm)		
20	21	22	23	24	25	26
	Practice #10 (Lift/WRS 4-6 pm)	Practice #11 (Lift/WRS 4-6 pm)	Practice #12 (Lift/WRS 4-6 pm)	Disney Duals (weigh-in)	Disney Duals (Day 1)	Disney Duals (Day 2)
27	28	29	30	July 1	2	3
Disney Duals (Day 3)	DEAD WEEK #2	DEAD WEEK #2	DEAD WEEK #2	DEAD WEEK #2	DEAD WEEK #2	DEAD WEEK #2
	Kids Camp (WRS Rm, 9-12 pm)	Kids Camp (WRS Rm, 9-12 pm)	Kids Camp (WRS Rm, 9-12 pm)			

Facility Notes

Practices: times will be split between WRS Room & WT Room #2

Summer Duals: Thursday May 27th & June 10th to be held in WRS Room

Kids Camp: June 28-30 to be held in WRS Room