

DECEMBER 2009

SUN	MON	TUE	WED	THU	FRI	SAT
		1 BEGINNER GROUP 6:30 - 7:45 H.S. WRESTLING ROOM	2 ADVANCED (wrestling room) & INTERMEDIATE (HS Gym) PRACTICE 6:45- 8:30	3 INTERMEDIATE PRACTICE 6:30 - 8:15 H.S. WRESTLING ROOM	4 ADVANCED PRACTICE 6:30- 8:30	5
6 HOME MATCH NW BLACK VS. SOUDERTON NW GOLD VS. Pleasant Valley 12:30 WEIGH-IN 1:00 START	7 ADVANCED (wrestling room) & INTERMEDIATE (HS Gym) PRACTICE 6:45- 8:30	8 BEGINNER GROUP 6:30 - 7:45 H.S. WRESTLING ROOM	9 ADVANCED (wrestling room) & INTERMEDIATE (HS Gym) PRACTICE 6:45- 8:30	10 INTERMEDIATE PRACTICE 6:30 - 8:15 H.S. WRESTLING ROOM	11 ADVANCED PRACTICE 6:30- 8:30	12 AWAY @ UPPER PERK NW BLACK VS. Upper Perk 8:00 WEIGH-IN 9:00 START NW Gold-start 11:30
13	14 ADVANCED (wrestling room) & INTERMEDIATE (HS Gym) PRACTICE 6:45- 8:30	15 BEGINNER GROUP 6:30 - 7:45 H.S. WRESTLING ROOM	16 NO PRACTICE H.S. & J.H. Home Match vs. Notre Dame 6:00	17 ADVANCED (wrestling room) & INTERMEDIATE (HS Gym) PRACTICE 6:45- 8:30	18 ADVANCED PRACTICE 6:30- 8:30	19
20 AWAY (QUAD) @ CENTRAL BUCKS NW BLACK & GOLD VS. CENTRAL BUCKS BLACK & SILVER 10:00 WEIGH-IN 11:00 START	21 ADVANCED (wrestling room) & INTERMEDIATE (HS Gym) PRACTICE 6:45- 8:30	22 BEGINNER GROUP 6:30 - 7:45 H.S. WRESTLING ROOM	23 ADVANCED (wrestling room) & INTERMEDIATE (HS Gym) PRACTICE 6:45- 8:30	24 NO PRACTICE	25 NO PRACTICE Merry Christmas	26
27 Varsity Black Team Tourn. @ Palmer Twp.	28 NO PRACTICE	29 NO PRACTICE	30 NO PRACTICE	31 NO PRACTICE		

JANUARY 2010

SUN	MON	TUE	WED	THU	FRI	SAT
					1 New Year's Day NO PRACTICE	2
3	4 ADVANCED (wrestling room) & INTERMEDIATE (HS Gym) PRACTICE 6:45- 8:30	5 BEGINNER GROUP 6:30 - 7:45 H.S. WRESTLING ROOM	6 ADVANCED (wrestling room) & INTERMEDIATE (HS Gym) PRACTICE 6:45- 8:30	7 INTERMEDIATE PRACTICE 6:30 - 8:15 H.S. WRESTLING ROOM	8 ADVANCED PRACTICE 6:30- 8:30	9
10 HOME MATCH NW BLACK VS. W. BETHLEHEM NW GOLD VS. PENNRIDGE 12:30 WEIGH-IN 1:00 START	11 NO PRACTICE H.S. & J.H. Home Match vs. Salisbury 6:00	12 ADVANCED (wrestling room) & INTERMEDIATE (HS Gym) PRACTICE 6:45- 8:30	13 NO PRACTICE H.S. & J.H. Home Match vs. Southern Lehigh 6:00	14 INTERMEDIATE PRACTICE 6:30 - 8:15 H.S. WRESTLING ROOM	15 ADVANCED PRACTICE 6:30- 8:30	16
17 HOME MATCH NW BLACK VS. Nazareth White NW GOLD VS. EAST SIDE YOUTH 12:30 WEIGH-IN 1:00 START	18 ADVANCED (wrestling room) & INTERMEDIATE (HS Gym) PRACTICE 6:45- 8:30	19 BEGINNER GROUP 6:30 - 7:45 H.S. WRESTLING ROOM	20 ADVANCED (wrestling room) & INTERMEDIATE (HS Gym) PRACTICE 6:45- 8:30	21 INTERMEDIATE PRACTICE 6:30 - 8:15 H.S. WRESTLING ROOM	22 ADVANCED PRACTICE 6:30- 8:30	23
24 AWAY (QUAD) @ LIBERTY NW BLACK & GOLD VS. LIBERTY & LEHIGHTON 9:30 WEIGH-IN 10:00 START	25 ADVANCED (wrestling room) & INTERMEDIATE (HS Gym) PRACTICE 6:45- 8:30	26 BEGINNER GROUP 6:30 - 7:45 H.S. WRESTLING ROOM	27 NO PRACTICE H.S. & J.H. Home Match vs. Northern Lehigh 6:00	28 INTERMEDIATE PRACTICE 6:30 - 8:15 H.S. WRESTLING ROOM	29 ADVANCED PRACTICE 6:30- 8:30	30
31 HOME MATCH NW BLACK VS. LITTLE ROYALS NW GOLD VS. QUAKERTOWN 12:30 WEIGH-IN 1:00 START						

FEBRUARY 2010

SUN	MON	TUE	WED	THU	FRI	SAT
	1 ADVANCED (wrestling room) & INTERMEDIATE (HS Gym) PRACTICE 6:45- 8:30	2 BEGINNER GROUP 6:30 - 7:45 H.S. WRESTLING ROOM	3 ADVANCED (wrestling room) & INTERMEDIATE (HS Gym) PRACTICE 6:45- 8:30	4 INTERMEDIATE PRACTICE 6:30 - 8:15 H.S. WRESTLING ROOM	5 ADVANCED PRACTICE 6:30- 8:30	6
7 AWAY -APART NW BLACK @ NORTHERN LEHIGH 11:00 WEIGH-IN 11:30 START NW GOLD @ E.STROUDSBURG 12:00 WEIGH-IN 12:30 START	8 ADVANCED (wrestling room) & INTERMEDIATE (HS Gym) PRACTICE 6:45- 8:30	9 BEGINNER GROUP 6:30 - 7:45 H.S. WRESTLING ROOM	10 ADVANCED (wrestling room) & INTERMEDIATE (HS Gym) PRACTICE 6:45- 8:30	11 NO PRACTICE	12 ADVANCED & INTERMEDIATE PRACTICE 5:30-7 J.V. & EXH. WEIGH- INS - 7-9 OUR WRESTLING ROOM	13
14 EXHIBITION & J.V. TOURNAMENT AT PLEASANT VALLEY Exh. Start 8:00 am JV start 11:00 am	15 VARSITY BLACK AND GOLD PRACTICE 6:45 - 8:30	16 BEGINNER GROUP PIZZA PARTY 6:30 - 7:30	17 VARSITY BLACK AND GOLD PRACTICE 6:45 - 8:30	18 INTERMEDIATE GROUP PIZZA PARTY 6:30 - 7:30	19 VARSITY BLACK & GOLD PRACTICE 5:30 - 7:00 VARSIITY WEIGH- INS - 7-9 OUR WRESTLING ROOM	20
21 VARSIITY TOURNAMENT AT SOUDERTON H.S. 8:00 am Start	22 NO PRACTICE	23	24 ADVANCED GROUP PIZZA PARTY 6:30-7:30	25	26	27
28						

March

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Schedules/entries

This month	0
Previous month	20
Next month	0

Previous



Next

2010

