

L.O.W.C.
2015 / 2016 Wrestling Season
Folkstyle / Freestyle / Greco Practice Schedule
@ Live Oak Middle
6:45pm to 8:30pm

***All wrestlers must wear running shoes to practice**

Sep-15

Monday
9/28/2015

Oct-15

Thursday	Monday	Thursday	Monday	Thursday	Monday	Thursday	Monday	Thursday
10/1/2015	10/5/2015	10/8/2015	10/12/2015	10/15/2015	10/19/2015	10/22/2015	10/26/2015	10/29/2015

Nov-15

Tuesday	Wednesday	Monday	Thursday	Tuesday	Wednesday	Monday	Tuesday	Wednesday	Monday
11/3/2015	11/4/2015	11/9/2015	11/12/2015	11/17/2015	11/18/2015	11/23/2015	11/24/2015	11/25/2015	11/30/2015

Dec-15

Thursday	Tuesday	Thursday	Monday	Tuesday	Monday	Tuesday	Wednesday	Monday	Tuesday	Wednesday
12/3/2015	12/8/2015	12/10/2015	12/14/2015	12/15/2015	12/21/2015	12/22/2015	12/23/2015	12/28/2015	12/29/2015	12/30/2015

Jan-16

Monday	Tuesday	Thursday	Monday	Thursday	Monday	Tuesday	Thursday
1/4/2016	1/5/2016	1/7/2016	1/11/2016	1/14/2016	1/18/2016	1/19/2016	1/21/2016

***February through May will be Monday's, Wednesday's and Thursday's**