


St. Benedict's Prep Wrestling **DECEMBER/JANUARY** Workout & Competition Schedule

SUN	MON	TUE	WED	THU	FRI	SAT
<p>11</p>  <p>ST. BENEDICT'S WRESTLING</p>	<p>12</p>	<p>13</p>	<p>14</p>	<p>15</p>	<p>16</p>	<p>17</p>
<p>18</p> <p>NO PRACTICE</p>	<p>19</p> <p>Final Exams</p> <p>7th/8th Practice right after exams</p> <p>HS practice begins at 2pm</p>	<p>20</p> <p>Half-day schedule</p> <p>7th/8th practice right after school</p> <p>HS practice begins at 2 pm</p>	<p>21</p> <p>at Monsignor Farrell Dual – 7th/8th, JV & Varsity</p>	<p>22</p> <p>10:00am-11:30 am – 7th/8th</p> <p>Noon-2:30 pm- HS team</p>	<p>23</p> <p>10:00am-11:30 am – 7th/8th</p> <p>Noon-2:30 pm- HS team</p>	<p>24</p> <p>8:00-10:30 am SBP Traditional Christmas Eve practice [ALL]</p>
<p>25</p> <p>NO PRACTICE</p>	<p>26</p> <p>2pm-6pm Gym set-up and Practice for ALL</p>	<p>27</p> <p>Gray Bee FY AND JV Tournament @ SBP [ALL]</p>	<p>28</p> <p>Noon-2:30pm: HS team (practice)</p>	<p>29</p> <p>Christmas City Tournament (PA) Varsity only</p> <p>No practices</p>	<p>30</p> <p>Christmas City Tournament (PA)</p> <p>No practices</p>	<p>31</p> <p>NO PRACTICE</p>
<p>January 1</p> <p>NO PRACTICE</p>	<p>2</p> <p>10:00am-11:30 am – 7th/8th</p> <p>Noon-2:30 pm – HS team</p>	<p>3</p> <p>First Day Winter Term – regular practice schedule resumes</p>	<p>4</p>	<p>5</p>	<p>6</p>	<p>7</p>