

Middleton High School Wrestling Schedule

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 3:35-6:00	18 6:15-7:00 3:35-6:00	19 6:15-7:00 3:35-6:00	20 6:15-7:00 3:35-6:00	21 6:15-7:00 3:35-9:00	22
23	24 3:35-6:00	25 Scrimmage @ Arrowhead Bus Leaves 3:30	26 Early Release 1:30-3:30	27 Thanksgiving	28	29
30 Practice 6:00-8:00						

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December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
What is your favorite breakdown, ride, and turn? Make going back to the bench his best option☺						
30 OFF	1 Practice 3:30-6:00	2 Madison East	3 Practice 3:30-6:00	4 Practice 3:30-5:30	5 Practice 3:30-5:30	6 V @ East Troy JV @ Baraboo
7	8 Practice 3:30-6:00	9 Practice 3:30-6:00	10 Practice 3:30-6:00	11 Practice 3:30-5:30	12 Verona	13 Middle School Invite
Be thinking about your Bi-State goal. What do you need to perfect to reach it?						
14	15 Practice 3:30-6:00	16 Practice 3:30-6:00	17 Practice 3:30-6:00	18 Practice 3:30-5:30	19 Practice 3:30-5:30	20 V @ Richland Center
21 OFF 30 min run on own Visualize your perfect match	22 Practice 3:30-5:30	23 Practice 3:30-5:30	24 Happy Holidays	25 Happy Holidays	26 Practice TBA	27 Practice TBA
28 Travel to La Crosse	29 Bi-State	30 Bi-State	31 Happy New Year!			

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January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Off	2 Off	3 Off
20 Practices to get our team ready to win the Big Eight Conference tourney. Are you pushing your teammates??						
4 OFF	5 Practice 3:30-5:30	6 @ Wausau West	7 Practice 3:30-5:30	8 Craig	9 Practice 3:30-5:30	10 V & JV @ Baraboo
January is the month where champions separate themselves from the rest of the pack. Are you outworking everyone else?						
11 OFF	12 Practice 3:30-5:30	13 @LaFollette	14 Practice 3:30-5:30	15 Practice 3:30-5:30	16 Madison Memorial	17 JV Tournament @ Home
Do you have your technique in all positions established? Commit to it and drill it until you don't have to think about it.						
18 OFF	19 Practice 3:30-5:30	20 Practice 3:30-5:00	21 Practice 3:30-5:30	22 Practice 3:30-5:30	23 Practice 3:30-5:30	24 V @ Whitnall Duals JV @ Riverdale
Are you willing to push yourself so hard you hurt, yet will keep pushing because you know you can break your opponent? The pain that has to be endured to win is short, the feeling of winning championships last forever.						
25 OFF	26 Madison West Beloit @ West	27 Practice 3:30-5:30	28 @ Parker	29 Practice 3:30-5:00	30 Practice 3:30-5:30	31 JV @ JV Conference (La Follette)
A week of opportunity....let's make the most of it! Pound Parker!						

February/ March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Practice 3:30-5:30	3 Practice 3:30-5:30	4 Practice 3:30-5:30	5 Practice 3:30-5:30	6 Practice 3:30-5:00	7 Conference @ Beloit
This is the week! One of great opportunity for our team. Time to step up and bring home the conference tourney title!						
8 OFF	9 Practice 3:30-5:30	10 Practice 3:30-5:00	11 Practice 3:30-5:00	12 Practice 3:30-5:00	13 Practice 3:30-5:00	14 Regionals @ DeForest
The road to state starts this week. Are you outworking everyone else?						
15 OFF	16 Practice 3:30-5:00	17 Practice 3:30-5:00	18 Practice 3:30-5:00	19 Practice 3:30-5:00	20 Practice 3:30-5:00	21 Sectionals @ Home
Yes I can! Yes I can! Yes I can! I will make it to the state tournament.						
22 OFF	23 Practice 3:30-5:00	24 Practice 3:30-5:00	25 Practice 3:30-5:00	26 STATE	27 STATE	28 STATE
Are you willing to push yourself so hard you hurt, yet will keep pushing because you know you can break your opponent? The pain that has to be endured to win is short, the feeling of winning championships last forever.						
1 OFF	2 Practice 3:30-5:00	3 Practice 3:30-5:00	4 Practice 3:30-5:00	5 Practice 3:30-5:00	6 TEAM STATE	7 TEAM STATE
What is our goal as a team?						