

WG = Wrestling Gym

FH = Fieldhouse

WG = Wrestling Gym

PM time slots #1 = 3:30-5:30

#2 = 5:30-7:30

#3 = 7:30-9:30

V = Varsity S = Sophomore F = Freshmen

Lower Level AM time = 6 to about 7:30

Varsity AM times = 5:30 – 7:30

In almost all cases, Varsity will try to go outside after school if weather allows us to get onto a blacktop.

	M	Tu <i>WINTER AWARD NT</i>	W <i>LATE START</i>	Th	F	Sa
Wk 3	3/14 V: 6am in FH V: JV game vs. LZ or practice after school Speaker regarding arm health coming to VHHS – 6pm start in 1201	3/15 V P/C: WG in AM V: 740 @ 3:30 + outside	3/16 ALL LEVELS: FH#1	3/17 If no games, V: 5:45 am @ 740 V: outside after school V & So. vs. Waukegan	3/18 If no games, V: 5:45am @ 740 V & So vs. Northridge Prep	3/19 Vs. Chicago Academy (V/JV) If no game, practice TBA