

Middle School-February 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30 Practice-2:30-4:30	31 HS Team Districts TBD	1 Practice-2:30-4:30 Girls-Away-Big Spring	2 HS Team Districts TBD	3 Practice-2:30-4:30	4 Team Districts
5	6 HS Team States TBD	7 Practice-2:30-4:30	8 Practice-2:30-4:30	9 Team States TBD	10 MS@ Wilson Team States	11 Home-Girls Dual MS@ Wilson Team States Spring Grove JV
12 P JW MS Qualifier	13 Practice-2:30-4:30	14 Girls-Home-Carlisle Practice-2:30-4:30	15 Practice-2:30-4:30	16 Practice-2:30-4:30	17 Practice-2:30-4:30	18 HS Sectionals
19	20 Practice-2:30-4:30	21 Practice-2:30-4:30	22 Practice-2:30-4:30	23 Practice-2:30-4:30	24 HS Districts	25 HS Districts
26	27 Practice-2:30-4:30	28 Practice-2:30-4:30	1 Practice-2:30-4:30	2 Practice-2:30-4:30	3 Practice-2:30-4:30 MS-PJW-States	4 MS-PJW-States

Middle School-March 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27 Practice-2:30-4:30	28 Practice-2:30-4:30	1 Practice-2:30-4:30	2 Practice-2:30-4:30	3 <i>MS-PJW-States</i> Practice-2:30-4:30	4 <i>MS-PJW-States</i> Practice-8-10am
5 Girls Regional Tournament at JP McCaskey <i>MS-PJW-States</i>	6 Practice-2:30-4:30	7 Practice-2:30-4:30	8 Practice-2:30-4:30	9 HS PIAA States Practice-2:30-4:30	10 HS PIAA States Practice-2:30-4:30	11 HS PIAA States Practice-TBD
12 Girls States	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Middle School-November 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Middle School Come Try It Camp 2:30-4:30 HS Weight Cert	2 Middle School Come Try It Camp 2:30-4:30 HS Weight Cert	3 Middle School Come Try It Camp 2:30-4:30 HS Weight Cert	4	5
6	7	8	9	10	11	12
13	14 Open Mats 2:30-4:30	15 Open Mats 2:30-4:30	16 Team Meeting 2:30-5:30 Army WCAP presentation/practice	17 Equipment Hand Out 2:30-5:00 L-2:30-3:30	18 1 st Day of Practice 2:30-5:00pm	19 Practice 8am-10:30
20	21 Practice 2:30-5:00	22 Practice 2:30-5:00	23 Practice 8-11:00am	24 Thanksgiving Turkey Trot-8am	25 Girls Scrimmage-H-10am Practice 8-10am	26 Scrimmage Practice-8-10am
27	28 Practice 6-8pm	29 Practice 2:30-4:30	30 Practice 2:30-5:00	1 Practice 2:30-4:30	2 Practice 2:30-4:30	3 Home-State College and Mifflin County

Middle School-December 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28 Practice 6-8pm	29 Practice 2:30-4:30	30 Practice 2:30-5:00 Parent Meeting-6pm at the High School	1 Practice 2:30-4:30	2 Practice 2:30-4:30	3 Home-State College and Mifflin County
4 Girls-Away-CV MS-Germantown, MD	5 Practice 2:30-5:30	6 Practice 2:30-4:30	7 Home-Cumberland Valley-Varsity Only Practice 2:30-4:30	8 Practice 2:30-4:30	9 Early Dismissal Practice 11-1:30pm	10 Practice-8-10am
11 Home-Elementary Tournament	12 Practice 2:30-5:30	13 Practice 2:30-4:30	14 Practice 2:30-4:30	15 Home-Cumberland Valley-MS/G	16 Practice-2:30-5:00	17 Girls Practice-TBD
18 Girls-Away-CM	19 Practice 2:30-5:30	20 Practice 2:30-4:30	21 Home-Girls Dual Practice 2:30-4:30	22 Away-Central Dauphin Early Dismissal-Teams will be staying after school	23 Practice 8-10am	24 Christmas Eve Singlet Run-8am
25 Christmas	26 Practice-6-8pm	27 Practices 8-10am 5-7pm	28 Girls-Away-GM Practices 8-10am 5-7pm	29 Away-Trojan Wars	30 Away-Trojan Wars	31

Middle School-January 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 TBD	3 Practice 2:30-4:30	4 Practice-2:30-4:30	5 Practice 2:30-4:30	6 Practice-2:30-4:30	7 Away-Canner Duals-HS/MS
8	9 Practice 2:30-5:30	10 Practice 2:30-4:30	11 Away- Cedar Cliff V, JV, G, MS	12 Practice-2:30-4:30	13 Practice 2:30-5:30	14 Home-Gettysburg Duals-V, JV, MS, G
15 Home-Girls Duals	16 NO School Practice 5:30-7:30pm	17 Practice 2:30-4:30	18 Practice-2:30-4:30	19 Away-Chambersbur g V, JV, G, MS	20 Practice 2:30-4:00	21 Away-Coal Cracker V, JV, G
22	23 Practice 2:30-5:30	24 Practice 2:30-4:30	25 Practice-2:30-4:30	26 Practice 2:30-4:30	27 Away-Northern-MS Tournament	28 Away-Northern-MS
29 Elementary Duals	30 Practice-2:30-4:30	31 TBD Team Districts	1 Practice-2:30-4:30	2 TBD Team Districts	3 Practice-2:30-4:30	4 TBD Team Districts

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