

# February 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30 Practice-2:30-4:30	31 Team Districts TBD	1 Practice-2:30-4:30 <b>Girls-Away-Big Spring</b>	2 Team Districts TBD	3 Practice-2:30-4:30	4 Team Districts
5	6 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 <b>Home-Girls Dual</b> MS@ Wilson Team States <b>Spring Grove JV</b>
12 P JW MS Qualifier	13 Practice-2:30-4:30	14 <b>Girls-Home-Carlisle</b> Practice-2:30-4:30	15 Practice-2:30-4:30	16 Practice-2:30-4:30	17 Practice-2:30-4:30	18 <b>Sectionals</b>
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 <b>Districts</b>	25 <b>Districts</b>
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 <b>MS-PJW-States</b>	4 <b>MS-PJW-States</b>

# 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 <b>PIAA States</b> Practice-2:30-4:30	10 <b>PIAA States</b> Practice-2:30-4:30	11 <b>PIAA States</b> Practice-TBD
12 Girls States	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

# 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 Rules Meeting-LD@7pm HS Weight Cert	3 Middle School Come Try It Camp 2:30-4:30  HS Weight Cert	4 NHSCA Duals	5 NHSCA Duals
NHSCA Duals 6	7	8 High School Come Try It Camp 2:30-4:30	9 High School Come Try It Camp 2:30-4:30	10 High School Come Try It Camp 2:30-4:30	11	12
13	14 Open Mats 2:30-4:30	15 Open Mats 2:30-4:30 Strength Testing?	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 <sup>st</sup> Day of Practice 2:30-5:00pm	19 <b>Practice 8am-10:30</b>
20	21 Practice 2:30-5:00  L-HS-2:30-3:30 L-MS/G-3:30-4:30	22 Practice 2:30-5:00	23 Practice 8-11:00am  L-HS-8-9:00 L-MS/G-10:00-11:00	24 Thanksgiving  Turkey Trot-8am	25 <b>Girls Scrimmage-H-10am</b>  Practice 8-10am L-HS/MS-8-9:00	26 <b>Scrimmage</b>  <b>Practice-8-10am</b> <b>L-G-8-9:00</b>
27	28 Practice 6-8pm	29 Practice 6-7am Practice 2:30-4:00 *MS-2:30-4:30 L-HS-6-7am L-MS-3:30-4:30	30 Practice 2:30-5:00  Parent Meeting-6pm at the High School	1 Practice 6-7am Practice 2:30-4:00 *MS-2:30-4:30 L-HS-6-7am L-MS-3:30-4:30	2 Practice 2:30-4:30	3 <b>Home-State College and Mifflin County</b>

# December 2022

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

# January 2023

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

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