

MARCH 2021

JHAWK WRESTLING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11 End of Year Banquet	12	13
14 SPRING BREAK	15 SPRING BREAK	16 SPRING BREAK	17 SPRING BREAK	18 SPRING BREAK	19 SPRING BREAK	20 SPRING BREAK
21	22	23	24 Open Room 6pm-7pm	25	26	27
28	29	30	31 Open Room 6pm-7pm			
		NOTES:				



Rob Martin 319-558-3530
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Riley Welsh 319-899-9908
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Conner Herman 319-721-3208
connerjherman@gmail.com

APRIL 2021

JHAWKWRESTLING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7 Open Room 6pm-7pm	8	9	10
11 Ft. Madison GR/FS Tournament	12	13	14 Open Room 6pm-7pm	15	16	17 West Delaware GR/FS Tournament
18	19	20	21 Open Room 6pm-7pm	22	23	24 Independence GR/FS Tournament
25 Lisbon GR/FS Tournament	26	27	28 Open Room 6pm-7pm	29	30	
		NOTES:				



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MAY 2021

JHAWK WRESTLING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
						1	
2	3	4	5 Open Room 6pm-7pm	6	7	8	
9	10	11	12 Open Room 6pm-7pm	13	14	15	
16	17	18	19 Open Room 6pm-7pm	20	21	22	
23	24	25	26 Open Room 6pm-7pm	27	28	29	
30	31	NOTES:					



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JUNE 2021

JHAWKWRESTLING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 LAST DAY OF SCHOOL	2	3 Open Room 9:30am-10:30am	4	5
6	7	8 Open Room 9:30am-10:30am	9	10 Open Room 9:30am-10:30am	11	12
13	14	15 Open Room 9:30am-10:30am	16	17 Open Room 9:30am-10:30am	18	19
20	21	22 ISI TEAM CAMP CEDAR FALLS, IA	23 ISI TEAM CAMP CEDAR FALLS, IA	24 ISI TEAM CAMP CEDAR FALLS, IA	25 ISI TEAM CAMP CEDAR FALLS, IA	26
27	28	29 Open Room 9:30am-10:30am	30			
		NOTES:				



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JULY 2021

JHAWK WRESTLING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Open Room 9:30am-10:30am	2	3
4 4th of July	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25 NO CONTACT WEEK	26 NO CONTACT WEEK	27 NO CONTACT WEEK	28 NO CONTACT WEEK	29 NO CONTACT WEEK	30 NO CONTACT WEEK	31 NO CONTACT WEEK
		NOTES: AFTER JULY 1ST YOU ARE ON YOUR OWN TO CONTACT A TEAMMATE AND A COACH TO SCHEDULE A WORKOUT... Take the initiative and become the BEST wrestler you can be!				



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2021 SPRING/SUMMER HIGH SCHOOL TRAINING

COST \$125 A MONTH FOR ONE

FAMILY RATES AVAILABLE
HIGH SCHOOL/JH GROUP RATES
SCHOLARSHIPS/AID AVAILABLE

COACHES WILL BE AT LOCAL AND
REGIONAL TOURNAMENTS TO
CORNER ATHLETES THROUGH
FARGO NATIONALS!

PRACTICE SCHEDULE:

SUNDAYS 6:30PM

MONDAYS 6:30PM

TUESDAYS 6:30PM

WEDNESDAYS 6:30PM

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