

**INDIAN HILLS
WRESTLING**

Go Tigers!!!

October 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15 Wrestling Practice begins 3:00-4:30 p.m.	16 Practice 3:00-4:30 p.m.	17
18	19 Practice 5:45-7:00 a.m. And Practice 3:00-4:30 p.m.	20 Practice 5:45-7:00 a.m. And Practice 3:00-4:30 p.m.	21 Practice 5:45-7:00 a.m. (morning only)	22 Practice 5:45-7:00 a.m. (morning only)	23 Practice 5:45-7:00 a.m. And Practice 3:00-4:30 p.m.	24
25	26 Practice 5:45-7:00 a.m. And Practice 3:00-4:30 p.m.	27 Practice 5:45-7:00 a.m. And Practice 3:00-4:30 p.m. Parent meeting 5:15 p.m.	28 Practice 5:45-7:00 a.m. (morning only)	29 Practice 3:00-4:30 p.m. (after school only)	30 Practice 3:00-4:30 p.m. (after school only)	31

Indian Hills Junior High
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Clive IA 50325

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E-mail: bornessk@wdmcs.org; barrc@wdmcs.org



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November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Practice 3:00-4:30 p.m.	3 Practice 3:00-4:30 p.m.	4 Practice 5:45-7:00 a.m.	5 Wrestle @ Indian Hills Start 4:30 p.m.	6 Practice 3:00-4:30 p.m.	7
8	9 Practice 3:00-4:30 p.m.	10 Wrestle @ Urbandale Bus 3:30 p.m. Start 4:30 p.m.	11 Practice 5:45-7:00 a.m.	12 Wrestle @ Urbandale Bus 3:30 p.m. Start 4:30 p.m.	13 Practice 3:00-4:30 p.m.	14
15	16 Practice 3:00-4:30 p.m.	17 Wrestle @ Johnston Bus 3:30 p.m. Start 4:30 p.m.	18 Practice 5:45-7:00 a.m.	19 Practice 3:00-4:30 p.m.	20 Practice 3:00-4:30 p.m.	21
22	23 Wrestle @ Indian Hills Start 4:30 p.m.	24 NO PRACTICE	25 NO PRACTICE	26 NO PRACTICE	27 NO PRACTICE	28
29	30 Practice 3:00-4:30 p.m.					

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December 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Wrestle @ M ^o Town Bus 2:45 p.m. Start 4:30 p.m..	2 NO PRACTICE	3 Practice 3:00-4:30 p.m.	4 Practice 3:00-4:30 p.m.	5
6	7 Wrestle @ Ft. Dodge Bus 2:20 p.m. Start 4:30 p.m.	8 Practice 3:00-4:30 p.m.	9 Practice 5:45-7:00 a.m.	10 Wrestle @ Indian Hills Start 4:30 p.m.	11 Practice 3:00-4:30 p.m.	12
13	14 Practice 3:00-4:30 p.m.	15 Practice 3:00-4:30 p.m.	16 Practice 5:45-7:00 a.m.	17 Wrestle @ Johnston Bus 3:30 p.m. Start 4:30 p.m.	18 Turn in clean Wrestling equipment to Mr. Borness on Monday January 4 (Rm1242)	19
20	21 No School	22 Winter	23 Break	24 No School	25 Winter	26
27	28 Break	29 No School	30 Winter	31 Break		

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