

2011-2012 PALMYRA COUGAR WRESTLING

DEC						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

1 HS Practice 3:15 - 5:00 Lift 5:00 - 6:00	2 HS Practice 3:15 - 5:15	3 MIDDLE SCHOOL SCRIMMAGE @ N. LEBANON 9:00 AM HS Practice 9:00 - 11:00 Lift 11:00 - 12:00
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4	5 HS Practice 3:15 - 5:00 Lift 5:00 - 6:00 MS Practice 3:15 - 5:15	6 HS Practice 3:15 - 5:15 MS Practice 3:15 - 5:15	7 HS Practice 3:15 - 5:00 Lift 5:00 - 6:00 MS Practice 3:15 - 5:15	8 HS Practice 3:15 - 5:15 MS Practice 3:15 - 5:15	9 HS Practice 3:15 - 5:15 MS Practice 3:15 - 5:15	10 HIGH SCHOOL TOURNAMENT @ MILTON HER. 9:00AM MIDDLE SCHOOL TOURNAMENT @ PINE GROVE 9:00 AM
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11 PAW CLUB ELEMENTARY TOURNAMENT	12 HS Practice 3:15 - 5:00 Lift 5:00 - 6:00 MS Practice 3:15 - 5:15 7:30PM PAW CLUB MTG PALMYRA HS	13 HS Practice 3:15 - 5:00 Lift 5:00 - 6:00 MS Practice 3:15 - 5:15	14 HS Practice 3:15 - 5:15 MS Practice 3:15 - 5:15	15 HS & MS MECHANICSBURG AWAY 6:00 & 7:30 PM	16 HS Practice 3:15 - 5:15 MS Practice 3:15 - 5:15	17 HIGH SCHOOL CONRAD WEISER DUAL MEET 9:00 AM MS Practice 8 - 10 am
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18	19 HS Practice 3:15 - 5:00 Lift 5:00 - 6:00 MS Practice 3:15 - 5:15	20 HS Practice 3:15 - 5:15 MS Practice 3:15 - 5:15	21 HS & MS RED LAND HOME 6:00 & 7:00 PM PALMYRA BLACK OUT	22 HS Practice 3:15 - 5:00 Lift 5:00 - 6:00 MS Practice 3:15 - 5:15	23 HS Practice 3:15 - 5:15 MS Practice 3:15 - 5:15	24 6th Annual "ICE BOWL" Flag Football Game 9:00 - 10:30
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25	26 HS Practice 9:00 - 11:00 Lift 11:00 - 12:00 MS Practice 8 - 10 am	27 MIDDLE SCHOOL TOURNAMENT @ SUSQUENITA TBA HS Practice 9:00 - 11:00 Lift 11:00 - 12:00	28 HIGH SCHOOL TOURNAMENT @ GOV.MIFFLIN TBA MS Practice 8 - 10 am	29 HIGH SCHOOL TOURNAMENT @ GOV.MIFFLIN TBA MS Practice 8 - 10 am	30 Lift 10:00 - 11:00 FILM SESSION @ COACH BUNTING'S 12:00 - 2:00 MS Practice 8 - 10 am	31
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2011-2012 PALMYRA COUGAR WRESTLING

JAN						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 HS Practice 3:15 - 5:00 Lift 5:00 - 6:00 MS Practice 3:15 - 5:15	3 HS Practice 3:15 - 5:15 MS Practice 3:15 - 5:15	4 HS Practice 3:15 - 5:15 MS Practice 3:15 - 5:15	5 HS & MS LOWER DAUPHIN AWAY 6:00 & 7:30 PM	6 HS Practice 3:15 - 5:00 Lift 5:00 - 6:00 MS Practice 3:15 - 5:15	7 MIDDLE SCHOOL TOURNAMENT @ SUSQUENITA HS Practice 9:00 - 11:00
8	9 HS Practice 3:15 - 5:00 Lift 5:00 - 6:00 MS Practice 3:15 - 5:15 7:30PM PAW CLUB MTG PALMYRA HS	10 HS Practice 3:15 - 5:15 MS Practice 3:15 - 5:15	11 HS Practice 3:15 - 5:15 MS Practice 3:15 - 5:15	12 HS & MS SUSQ. TWP AWAY 6:00 & 7:00 PM	13 HS Practice 3:15 - 5:00 Lift 5:00 - 6:00 MS Practice 3:15 - 5:15	14 MIDDLE SCHOOL TOURNAMENT @ HARRISBURG
15	16 HS Practice 3:15 - 5:15 MS Practice 3:15 - 5:15	17 HS & MS SCHUYKILL VALLEY AWAY 6:00 & 7:00 PM	18 HS Practice 3:15 - 5:15 MS Practice 3:15 - 5:15	19 HS & MS MILTON HERSHEY HOME 6:00 & 7:00 PM	20 HS Practice 3:15 - 5:00 Lift 5:00 - 6:00 MS Practice 3:15 - 5:15	21 Lift 10:00 - 11:00 FILM SESSION @ COACH MARTIN'S 11:30 - 2:30 MS Practice 8 - 10 am
22	23 HS Practice 3:15 - 5:00 Lift 5:00 - 6:00 MS Practice 3:15 - 5:15	24 HS Practice 3:15 - 5:00 Lift 5:00 - 6:00 MS Practice 3:15 - 5:15	25 HS Practice 3:15 - 5:15 MS Practice 3:15 - 5:15	26 HS & MS HERSHEY HOME 5:30 & 7:00 PM	27 HS Practice 3:15 - 5:15 MS Practice 3:15 - 5:15	28 HS & MS MIDDLETOWN HOME NOON & 1:00 PM MS Practice 8 - 10 am
29	30 HS Practice 3:15 - 5:00 Lift 5:00 - 6:00 MS Practice 3:15 - 5:15	31 HS Practice 3:15 - 5:15 MS Practice 3:15 - 5:15				

2011-2012 PALMYRA COUGAR WRESTLING

FEB						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

1	2	3	4
HS & MS EAST PENNSBORO AWAY 6:00 & 7:00 PM	HS Practice 3:15 - 5:00 Lift 5:00 - 6:00 MS Practice 3:15 - 5:15	HS Practice 3:15 - 5:15 MS Practice 3:15 - 5:15	HS & MS @ CAMP HILL HOME 5:30 & 6:30 PM SENIOR NIGHT

5	6	7	8	9	10	11
	HS Practice 3:15 - 5:00 Lift 5:00 - 6:00 MS Practice 3:15 - 5:15	HS Practice 3:15 - 5:15 MS Practice 3:15 - 5:15	HS Practice 3:15 - 5:00 Lift 5:00 - 6:00 MS Practice 3:15 - 5:00 Lift 5:00 - 6:00	HS Practice 3:15 - 5:15 MS Practice 3:15 - 5:15	HS Practice 3:15 - 5:15 MS Practice 3:15 - 5:15	HIGH SCHOOL LEBANON COUNTY TOURNAMENT 9:00 AM

12	13	14	15	16	17	18
	HS Practice 3:15 - 5:00 Lift 5:00 - 6:00 MS Practice 3:15 - 5:00 Lift 5:00 - 6:00 7:30PM PAW CLUB MTG PALMYRA HS	HS Practice 3:15 - 5:15 MS Practice 3:15 - 5:15	HS Practice 3:15 - 5:00 Lift 5:00 - 6:00 MS Practice 3:15 - 5:00 Lift 5:00 - 6:00	HS Practice 3:15 - 5:15 MS Practice 3:15 - 5:15	HS Practice 3:15 - 5:15 MS Practice 3:15 - 5:15	SECTIONAL TOURNAMENT

19	20	21	22	23	24	25
	HS Practice 3:15 - 5:00 Lift 5:00 - 6:00 MS Practice 3:15 - 5:00 Lift 5:00 - 6:00	HS Practice 3:15 - 5:15 MS Practice 3:15 - 5:15	HS Practice 3:15 - 5:15 MS Practice 3:15 - 5:15	HS Practice 3:15 - 5:15 MS Practice 3:15 - 5:15	DISTRICT TOURNAMENT	DISTRICT TOURNAMENT

26	27	28	29

2011-2012 PALMYRA COUGAR WRESTLING

MAR						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8 PIAA WRESTLING CHAMPIONSHIPS AT GIANT CENTER	9 PIAA WRESTLING CHAMPIONSHIPS AT GIANT CENTER	10 PIAA WRESTLING CHAMPIONSHIPS AT GIANT CENTER
11	12 7:30PM PAW CLUB MTG PALMYRA HS ROOM 101	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31