



December 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 MEET 4:30pm @ Indian Hills Junior High (WDM)	3 Practice 4:00-6:00	4
5	6 Practice 4:00-6:00	7 Practice 4:00-6:00	8 Practice 4:00-6:00	9 MEET 5:30pm @ DM East HS	10 Practice 4:00-6:00	11
12	13 MEET 4:30pm @ Northview MS (Ankeny)	14 Practice 4:00-6:00	15 Practice 4:00-6:00	16 Practice 4:00-6:00	17 CITY MEET 5:30pm @ DM North HS	18
19	20	21	22 No School	23 No School	24 No School	25
26	27 No School	28 No School	29 No School	30 No School	31 No School	
						Coach Contact Information: Ryan.Gray@dmschools.org

EAST MIDDLE SCHOOL WRESTLING

Practice

*Walker Building 4:00-6:00

*Need to be picked up by 6:10pm