



# November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 NO SCHOOL	2 NO SCHOOL	3 Practice 3:45-4:45	4 MEET 5:30pm @ DM Roosevelt HS	5 Practice 4:00-6:00	6
7	8 Practice 4:00-6:00	9 MEET 4:30pm @ SE Polk Junior High	10 Practice 4:00-6:00	11 Practice 4:00-6:00	12 Practice 4:00-6:00	13
14	15 Practice 4:00-6:00	16 MEET 5:30pm @ DM East HS	17 Practice 4:00-6:00	18 Practice 4:00-6:00	19 Practice 4:00-6:00	20
21	22 Practice 4:00-6:00	23 MEET 4:15pm @ Norwalk HS	24 No School	25 No School THANKSGIVING	26 No School	27
28	29 Practice 4:00-6:00	30 Practice 4:00-6:00				
Coach Contact Information: <a href="mailto:Ryan.Gray@dmschools.org">Ryan.Gray@dmschools.org</a>						

## EAST MIDDLE SCHOOL WRESTLING

### Practice

\*Walker Building 4:00-6:00

\*Need to be picked up by 6:10pm