

# Rochester JM Rocket Wrestling 2014-15

www.rocketwrestling.org

## November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 First Day of Practice 3:30PM	18 Practice/Weight Training 3:15	19 Practice 3:30	20 Practice 3:30	21 Practice/ Weight room recovery 3:15	22 Intra-squad Dual 6:00PM
23	24 Practice 3:30	25 Practice/Weight Training 3:15	26 Practice 7:00AM	27 Thanksgiving No Practice	28 Practice 4:00PM	29 Rochester Duals @Mayo 10:00AM V and JV

## December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nov. 30	1 Practice 3:30	2 Practice/Weight Training 3:15	3 Practice 3:30	4 Mankato West 6:00PM JV 7:00PM V	5 Practice/ Weight room recovery 3:15	6 Farmington Duals w/Anoka & Osseo 10:00AM V/JV
7	8 Practice 3:30	9 Practice/Weight Training 3:15	10 Practice 3:30	11 All City Tri @ Mayo 5:30PM V/JV	12 Practice/ Weight room recovery 3:15	13 Goodhue Invite JV 10:00AM
14	15 Practice 3:30	16 Practice/Weight Training 3:15	17 Practice 3:30	18 @Austin 6:00PM JV 7:00PM V	19 Practice/ Weight room recovery 3:15 Funny T- Shirt Day	20 No Practice
21	22 Practice 3:30	23 Practice/Weight Training 3:15	24 No Practice	25 No Practice	26 No Practice	27 No Practice

## December/January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dec. 28	Dec. 29 No School Practice 4:00PM	Dec. 30 No School Practice 4:00PM	Dec. 31 No School Practice 4:00PM	1 No School Practice 4:00PM	2 No School Practice 4:00PM	3 <b>GMLOK Invite</b> 10:00AM V/JV
4	5 Practice 3:30	6 Practice/Weight Training 3:15	7 Practice 3:30	8 <b>Tri vs Faribault &amp; Northfield</b> 5:30PM	9 Practice/ Weight room recovery 3:15	10 <b>Stewartville Invite</b> 10:00AM V/JV
11	12 Practice 3:30	13 Practice/Weight Training 3:15	14 Practice 3:30	15 <b>@Owatonna</b> 6:00PM 7:00PM	16 Practice/ Weight room recovery 3:15	17 <b>Hayfield Invite</b> 10:00AM V
18	19 No School Practice 4:00PM	20 Practice/Weight Training 3:15	21 Practice 3:30	22 <b>@Albert Lea</b> 6:00PM JV 7:00PM V	23 <b>Tri @Hasting w/North St. Paul</b>	24 No Practice
25	26 Practice 3:30	27 Practice/Weight Training 3:15	28 Practice 3:30	29 <b>@Winona</b> 6:00PM JV 7:00PM V	30 Practice/ Weight room recovery 3:15	31 <b>Cannon Falls Duals</b> 10:00AM V/JV

## February/March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Practice 3:30	3 Practice/ Weight Training 3:15	4 Practice 3:30	5 <b>Mankato East</b> 6:00PM JV 7:00PM V "Senior Night"	6 Practice/ Weight room recovery 3:15	7 <b>Big 9 JV Home</b> 10:00AM
8	9 Practice 3:30	10 Practice/ Weight Training 3:15	11 Practice 3:30	12 <b>Section Team TBD Varsity</b>	13 Practice/ Weight room recovery 3:15	14 <b>Section Team Mayo Civic Center TBD Varsity</b>
15	16 No School Practice 4:00	17 Practice/ Weight Training 3:15	18 Practice 3:30	19 Practice 3:30	20 <b>Section Individuals Mayo Civic Center - V</b>	21 <b>Section Individuals Mayo Civic Center V</b>
22	23 Practice 3:30	24 Practice 3:30	25 Practice 3:30	26 <b>State Wrestling Tournament</b>	27 <b>State Wrestling Tournament</b>	28 <b>State Wrestling Tournament</b>