

# Seven Lakes Wrestling 2024-25 Training and Competition Schedule

<u>Sunday</u> 11-Aug	<u>Monday</u> 12-Aug	<u>Tuesday</u> 13-Aug	<u>Wednesday</u> 14-Aug	<u>Thursday</u> 15-Aug	<u>Friday</u> 16-Aug	<u>Saturday</u> 17-Aug
<b>First Week of School. 5th Period Workouts Begin. Room Closed After School</b>	<b>No School</b>	<b>No School</b>	<b>Classes Resume - Wrestler's Handbook - No Workouts</b>	<b>5th - Mat</b>	<b>5th - Mat</b>	
				<b>7th - No Workouts / Wrestler's Handbook</b>	<b>7th - No Workouts / Wrestler's Handbook</b>	
				<b>Room Closed After School</b>	<b>Room Closed After School</b>	
18-Aug	19-Aug	20-Aug	21-Aug	22-Aug	23-Aug	24-Aug
<b>12 Weeks to the Start of the Season. 7th Period Workouts Begin. Room Closed After School</b>	<b>5th - Mat</b>	<b>5th - Mat Circuit</b>	<b>5th - Mat</b>	<b>5th - Mat</b>	<b>5th - Mat</b>	
	<b>7th - Mat</b>	<b>7th - Mat</b>	<b>7th - Mat</b>	<b>7th - Mat</b>	<b>7th - Mat</b>	
	<b>Room Closed After School</b>	<b>Room Closed After School</b>	<b>Room Closed After School</b>	<b>Room Closed After School</b>	<b>Room Closed After School</b>	
25-Aug	26-Aug	27-Aug	28-Aug	29-Aug	30-Aug	31-Aug
<b>11 Weeks to the Start of the Season. 5 Weeks to Hydration Testing.</b>	<b>5th - Tube Lift A</b>	<b>5th - Mat</b>	<b>5th - Mat</b>	<b>5th - Mat</b>	<b>5th - Mat Circuit</b>	
	<b>7th - Mat</b>	<b>7th - Mat</b>	<b>7th - Mat</b>	<b>7th - Mat</b>	<b>7th - Mat</b>	
	<b>Room Closed After School</b>	<b>Room Closed After School</b>	<b>Room Closed After School</b>	<b>Room Closed After School</b>	<b>Room Closed After School</b>	

V = Varsity, JV = Junior Varsity, G = Girls Most Weekday Events Begin at 5:00pm. Most Saturday Events Begin at 9:00am See Rankonesport for details.

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<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
1-Sep	2-Sep	3-Sep	4-Sep	5-Sep	6-Sep	7-Sep
10 Weeks to the Start of the Season. Optional After School Workouts Begin. 4 Weeks to Hydration Testing.	No School - Off	5th - Mat	5th - A Lift	5th - Mat	5th - B Lift	
		7th - Mat	7th - Mat	7th - Mat	7th - Mat	
		Optional Practice 3:00-4:00pm	Room Closed After School Mat Chat	Open Mat 2:35-4:00pm	Room Closed After School	
8-Sep	9-Sep	10-Sep	11-Sep	12-Sep	13-Sep	14-Sep
9 Weeks to the Start of the Season. Mandatory Monday After School Lifts Begin for 5th Period. 3 Weeks to Hydration Testing.	5th - Mat	5th - Mat	5th - B Lift	5th - Mat	5th - A Lift	
	7th - Mat	7th - Mat	7th - Mat	7th - Mat	7th - Mat	
	Orange A Lift / Open Mat 2:35-4:00pm	Optional Practice 3:00-4:00pm	Room Closed After School	Open Mat 2:35-4:00pm	Room Closed After School	
15-Sep	16-Sep	17-Sep	18-Sep	19-Sep	20-Sep	21-Sep
8 Weeks to the Start of the Season. 2 Weeks to Hydration Testing.	5th - Mat	5th - Mat	5th - Tube Lift B	5th - Mat	No School - Teacher Inservice	
	7th - Mat	7th - Mat	7th - Mat	7th - Mat		
	Orange B Lift / Open Mat 2:35-4:00pm	Optional Practice 3:00-4:00pm	Room Closed After School Mat Chat	Open Mat 2:35-4:00pm		

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<u>Sunday</u> 22-Sep	<u>Monday</u> 23-Sep	<u>Tuesday</u> 24-Sep	<u>Wednesday</u> 25-Sep	<u>Thursday</u> 26-Sep	<u>Friday</u> 27-Sep	<u>Saturday</u> 28-Sep
7 Weeks to the Start of the Season. 1 Week to Hydration Testing.	5th - Mat	5th - Mat	5th - D Lift	5th - Mat	5th - E Lift	
	7th - Mat	7th - Mat	7th - Mat	7th - Mat	7th - Mat	
	Orange C Lift / Open Mat 2:35-4:00pm	Optional Practice 3:00-4:00pm	Room Closed After School	Open Mat 2:35-4:00pm	Room Closed After School	
29-Sep	30-Sep	1-Oct	2-Oct	3-Oct	4-Oct	5-Oct
6 Weeks to the Start of the Season. Hydration Testing Week.	5th - Mat	5th - Mat	No workout / Wrestler's Handbook	5th - Mat	5th - D Lift	
	7th - Mat	7th - Mat	No workout / Wrestler's Handbook	7th - Mat	7th - Mat	
	Orange C Lift / Open Mat 2:35-4:00pm	Optional Practice 3:00-4:00pm	Hydration Testing @ Legacy	Open Mat 2:35-4:00pm	Room Closed After School	
6-Oct	7-Oct	8-Oct	9-Oct	10-Oct	11-Oct	12-Oct
5 Weeks to the Start of the Season	5th - Mat	5th - Mat	5th - C Lift	5th - Mat	5th - D Lift	
	7th - Mat	7th - Mat	7th - Mat	7th - Mat	7th - Mat	
	Orange E Lift / Open Mat 2:35-4:00pm	Optional Practice 3:00-4:00pm	Room Closed After School	Open Mat 2:35-4:00pm	Room Closed After School	

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<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
13-Oct	14-Oct	15-Oct	16-Oct	17-Oct	18-Oct	19-Oct
4 Weeks to the Start of the Season	No School - Off	5th - Mat	5th - E Lift	5th - Mat	5th - Mat Circuit	
		7th - Mat	7th - Mat	7th - Mat	7th - Mat	
		Optional Practice 3:00-4:00pm	Room Closed After School Mandatory Parent Meeting @6:00pm In SLHS Library / Optional Mat Chat	Open Mat 2:35-4:00pm	Room Closed After School	
20-Oct	21-Oct	22-Oct	23-Oct	24-Oct	25-Oct	26-Oct
3 Weeks to the Start of the Season Mandatory After School Practices Begin	5th - Mat	5th - Mat	5th - Mat	5th - Mat	5th - Mat	Pot Luck / Tailgate @ back athletic parking lot 3:00-6:00pm
	7th - Mat	7th - Mat	7th - Mat	7th - Mat	7th - Mat	
	Navy Practice 2:35-4:00 Orange Practice 3:30-5:30 Lift Day	Team Meeting 3:00-3:15 Navy Practice 3:15-4:15 Orange Practice 3:15-4:45 Varsity 3:15-5:15	Navy Practice 2:35-4:00 Orange Practice 3:30-5:30 Lift Day	Navy Practice 2:35-3:30 Orange Practice 3:30-5:30	Navy Practice 2:35-4:00 Orange Practice 3:30-5:30 Lift Day	
27-Oct	28-Oct	29-Oct	30-Oct	31-Oct	1-Nov	2-Nov
2 Weeks to the Start of the Season	5th - Mat	5th - Mat	5th - Mat	5th - Mat	No School - Teacher Inservice	
	7th - Mat	7th - Mat	7th - Mat	7th - Mat		
	Navy Practice 2:35-4:00 Orange Practice 3:30-5:30 Lift Day	Team Meeting 3:00-3:15 Navy Practice 3:15-4:15 Orange Practice 3:15-4:45 Varsity 3:15-5:15	Navy Practice 2:35-4:00 Orange Practice 3:30-5:30 Lift Day	Navy Practice 2:35-3:30 Orange Practice 3:30-5:30		

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# Seven Lakes Wrestling 2024-25 Training and Competition Schedule

<u>Sunday</u> 3-Nov	<u>Monday</u> 4-Nov	<u>Tuesday</u> 5-Nov	<u>Wednesday</u> 6-Nov	<u>Thursday</u> 7-Nov	<u>Friday</u> 8-Nov	<u>Saturday</u> 9-Nov
<b>1 Week to the Start of the Season</b>	5th - Mat	5th - Mat	5th - Mat	5th - Mat	5th - Mat	
	7th - Mat	7th - Mat	7th - Mat	7th - Mat	7th - Mat	
	Navy Practice 2:35-4:00 Orange Practice 3:30-5:30 Lift Day	Team Meeting 3:00-3:15 Navy Practice 3:15-4:15 Orange Practice 3:15-4:45 <u>Varsity 3:15-5:15</u>	Navy Practice 2:35-4:00 Orange Practice 3:30-5:30 Lift Day	<u>Challenge Matches</u> Warm Up 3:00-3:15 Matches Begin at 3:30 Navy Dismissed at 4:15	Navy Practice 2:35-3:30 Orange Practice 3:30-5:30	
10-Nov	11-Nov	12-Nov	13-Nov	14-Nov	15-Nov	16-Nov
<b>6 Weeks to Mid-Season Break</b>	5th - Mat	5th - Mat	<b>Cy Falls @ Cy Falls V, G, JV</b>	5th - Mat	5th - Mat	<b>Knights Invitational @ Clear Falls V, G, JV</b>
	7th - Mat	7th - Mat		7th - Mat	7th - Mat	
	Navy Practice 2:35-4:00 Orange Practice 3:30-5:30 Lift Day	Team Meeting 3:00-3:15 Navy Practice 3:15-4:15 Orange Practice 3:15-4:45 <u>Varsity 3:15-5:15</u>		Navy Practice 2:35-4:00 Orange Practice 3:30-5:30 Lift Day	Navy Practice 2:35-3:30 Orange Practice 3:30-5:30	
17-Nov	18-Nov	19-Nov	20-Nov	21-Nov	22-Nov	23-Nov
<b>5 Weeks to Mid-Season Break</b>	5th - Mat	5th - Mat	<b>Bridgeland @ SLHS V, G, JV</b>	5th - Mat	5th - Mat	<b>The Paetow Thanksgiving Give Back @ Paetow V, G, JV</b>
	7th - Mat	7th - Mat		7th - Mat	7th - Mat	
	Navy Practice 2:35-4:00 Orange Practice 3:30-5:30 Lift Day	Team Meeting 3:00-3:15 Navy Practice 3:15-4:15 Orange Practice 3:15-4:45 <u>Varsity 3:15-5:15</u>		Navy Practice 2:35-4:00 Orange Practice 3:30-5:30 Lift Day <u>Optional Mat Chat</u>	Navy Practice 2:35-3:30 Orange Practice 3:30-5:30	

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<u>Sunday</u> 24-Nov	<u>Monday</u> 25-Nov	<u>Tuesday</u> 26-Nov	<u>Wednesday</u> 27-Nov	<u>Thursday</u> 28-Nov	<u>Friday</u> 29-Nov	<u>Saturday</u> 30-Nov
4 Weeks to Mid-Season Break	No School	No School	No School - Off	No School - Off	No School - Off	No School - Off
	Team Meeting 8:45-9:00am Navy Practice 9:00-10:30 Orange Practice 9:00-11:30am. Varsity 9:00-12:00	Taylor, Westside and Klein @ SLHS V, G, JV				
1-Dec	2-Dec	3-Dec	4-Dec	5-Dec	6-Dec	7-Dec
3 Weeks to Mid-Season Break	5th - Mat	5th - Mat	Fulshear @ Fulshear V, G, JV	5th - Mat	War Games @ Frisco Memorial JV (day) Duals @ TBA V & G (evening)	War Games @ Frisco Memorial V & G
	7th - Mat	7th - Mat		7th - Mat		
	Navy Practice 2:35-4:00 Orange Practice 3:30-5:30 Lift Day	Team Meeting 3:00-3:15 Navy Practice 3:15-4:15 Orange Practice 3:15-4:45 Varsity 3:15-5:15		Navy Practice 2:35-3:30 Orange Practice 3:30-5:30		
8-Dec	9-Dec	10-Dec	11-Dec	12-Dec	13-Dec	14-Dec
2 Weeks to Mid-Season Break	5th - Mat	5th - Mat	Grand Oaks @ Grand Oaks V, G, JV	5th - Mat	5th - Mat	Highlander Invitational @ The Woodlands HS V, G, JVB, and JVG
	7th - Mat	7th - Mat		7th - Mat	7th - Mat	
	Navy Practice 2:35-4:00 Orange Practice 3:30-5:30 Lift Day	Team Meeting 3:00-3:15 Navy Practice 3:15-4:15 Orange Practice 3:15-4:45 Varsity 3:15-5:15		Navy Practice 2:35-3:30 Orange Practice 3:00-5:00 Lift Day	Navy Practice 2:35-3:30 Orange Practice 3:30-5:30	

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<u>Sunday</u> 15-Dec	<u>Monday</u> 16-Dec	<u>Tuesday</u> 17-Dec	<u>Wednesday</u> 18-Dec	<u>Thursday</u> 19-Dec	<u>Friday</u> 20-Dec	<u>Saturday</u> 21-Dec
<b>1 Week to Mid-Season Break</b>	Athletic Period Workouts TBA Finals Week	Athletic Period Workouts TBA Finals Week	Athletic Period Workouts TBA Finals Week	Athletic Period Workouts TBA Finals Week	Athletic Period Workouts TBA Finals Week	<b>Off</b>
	Team Meeting 2:45-3:00 Navy Practice 3:00-3:30 <b>Orange</b> Practice 3:00-4:45 Lift Day	No Practice / Exam Prep Day	Navy Practice 2:35-3:30 <b>Orange</b> Practice 3:00-4:45 Lift Day	Navy Practice 2:45-3:30 <b>Orange</b> Practice 3:00-4:30	<b>Rumble in the Rotunda against Cy Woods @ SLHS Main Rotunda</b>	
22-Dec	23-Dec	24-Dec	25-Dec	26-Dec	27-Dec	28-Dec
<b>5 Weeks to Post Season</b>	No School - Off	No School - Off	No School - Off	No School - Off	No School - Off	No School - Off
29-Dec	30-Dec	31-Dec	1-Jan	2-Jan	3-Jan	4-Jan
<b>4 Weeks to Post Season</b>	No School	No School	No School	No School	<b>Cy Fair Invitational at The Berry Center V &amp; G</b>	<b>Cy Fair Invitational at The Berry Center V &amp; G</b>
	Team Meeting 8:45-9:00am Navy Practice 9:00-10:30 <b>Orange</b> Practice 9:00-11:30am. <b>Varsity</b> 9:00-12:00 Lift Day	Navy Practice 9:00-10:30 <b>Orange</b> Practice 9:00-11:30am. <b>Varsity</b> 9:00-12:00	Navy Practice 9:00-10:30 <b>Orange</b> Practice 9:00-11:30am. <b>Varsity</b> 9:00-12:00 Lift Day	Navy Practice 9:00-10:30 <b>Orange</b> Practice 9:00-11:30am. <b>Varsity</b> 9:00-12:00		

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5-Jan	6-Jan	7-Jan	8-Jan	9-Jan	10-Jan	11-Jan
3 Weeks to Post Season	No School - Teacher Inservice Day	5th - Mat	Katy ISD Duals V & G, JV @ LMC	5th - Mat	5th - Mat	Spartan Hall of Fame Invitational at Seven Lakes V, JV, G, JVG
	Navy Practice 3:00-4:00 Orange Practice 3:30-5:15 Lift Day	7th - Mat		7th - Mat	7th - Mat	
		Team Meeting 3:00-3:15 Navy Practice 3:15-4:00 Orange Practice 3:15-4:30 Varsity 3:15-5:00		Navy Practice 2:35-3:30 Orange Practice 3:00-5:00 Lift Day Optional Mat Chat	Orange Practice 6:00-7:30pm (Navy Optional) Gym Set Up After Practice	
12-Jan	13-Jan	14-Jan	15-Jan	16-Jan	17-Jan	18-Jan
2 Weeks to Post Season	5th - Mat	5th - Mat	Langham Creek @ SLHS V, G, JV (Senior Night)	5th - Mat	5th - Mat	Clash on the Coast (Duals) @ Clear Falls V, G. & JV
	7th - Mat	7th - Mat		7th - Mat	7th - Mat	
	Navy Practice 2:35-3:30 Orange Practice 3:00-5:00 Lift Day	Team Meeting 3:00-3:15 Navy Practice 3:15-4:00 Orange Practice 3:15-4:30 Varsity 3:15-5:00		Navy Practice 2:35-3:30 Orange Practice 3:00-5:00 Lift Day	Navy Practice 2:35-3:30 Orange Practice 3:30-5:00	
19-Jan	20-Jan	21-Jan	22-Jan	23-Jan	24-Jan	25-Jan
1 Week to Post Season	No School	5th - Mat	The Woodlands and ? @TWHS V, G, JV All Others Practice 3:15-4:30	5th - Mat	Atascocita and Westbrook @ Atascocita V, G, JV All Others Practice 3:15-4:30	Orange Practice 10:00am-12:30pm Weight Lift Day
	Team Meeting 8:45-9:00am Navy Practice 9:00-10:30 Orange Practice 9:00-12:00 Lifting Day	7th - Mat		7th - Mat		
		Team Meeting 3:00-3:15 Navy Practice 3:15-4:00 Orange Practice 3:15-4:30 Varsity 3:15-5:00		Navy Practice 2:35-3:30 Orange Practice 3:30-5:00		

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<u>Sunday</u> 26-Jan	<u>Monday</u> 27-Jan	<u>Tuesday</u> 28-Jan	<u>Wednesday</u> 29-Jan	<u>Thursday</u> 30-Jan	<u>Friday</u> 31-Jan	<u>Saturday</u> 1-Feb
<b>Districts</b>	5th - Mat	5th - Mat	5th - Mat	<b>Varsity Boys and Girls District Championships @ LMC</b>	<b>JV Boys, JV Girls, and Rookie Boys District Championships @ LMC</b>	<b>Orange Practice 10:00am-12:30pm Weight Lift Day</b>
	7th - Mat	7th - Mat	7th - Mat			
	Navy Practice 2:35-3:30 Orange Practice 3:00-5:00 Lift Day	Team Meeting 3:00-3:15 Navy Practice 3:15-4:00 Orange Practice 3:15-4:30 <u>Varsity 3:15-5:00</u>	Navy Practice 2:35-3:30 Orange Practice 3:30-5:00			
2-Feb	3-Feb	4-Feb	5-Feb	6-Feb	7-Feb	8-Feb
<b>Regionals</b>	5th - Mat	5th - Mat	5th - Mat	5th - Mat	<b>Region III Championships at LMC</b>	<b>Region III Championships at LMC</b>
	7th - Mat	7th - Mat	7th - Mat	7th - Mat		
	Post Season Practice 3:00-4:45 Weight Lifting Day	Post Season Practice 3:00-4:45 <b>Team Pictures 2:45</b>	Post Season Practice 3:00-4:45 Weight Lifting Day	Post Season Practice 3:00-4:45		
9-Feb	10-Feb	11-Feb	12-Feb	13-Feb	14-Feb	15-Feb
<b>State</b>	5th - Mat	5th - Mat	5th - Mat	5th - Mat	<b>State Championships at The Berry Center</b>	<b>State Championships at The Berry Center</b>
	7th - Mat	7th - Mat	7th - Mat	7th - Mat		
	Post Season Practice 3:00-4:45 Weight Lifting Day	Post Season Practice 3:00-4:45	Post Season Practice 3:00-4:45 Weight Lifting Day	Post Season Practice 3:00-4:45		

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<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
16-Feb	17-Feb	18-Feb	19-Feb	20-Feb	21-Feb	22-Feb
Break	No School Teacher Inservice	No Athletic Period Workout or After School Workouts	No Athletic Period Workout or After School Workouts	No Athletic Period Workout or After School Workouts	No Athletic Period Workout or After School Workouts	
23-Feb	24-Feb	25-Feb	26-Feb	27-Feb	28-Feb	1-Mar
11 Weeks of Spring Workouts Left	5th - Circuit Lift / Mat	5th - Mat	5th - Tube Lift / Mat	5th - Mat	5th - Live Competition	
	7th - Circuit Lift / Mat	7th - Mat	7th - Tube Lift / Mat	7th - Mat	7th - Live Competition	
	Room Closed After School	Room Closed After School	Room Closed After School Mat Chat	Room Closed After School	Room Closed After School	
1-Mar	2-Mar	3-Mar	4-Mar	5-Mar	6-Mar	7-Mar
10 Weeks of Spring Workouts Left	5th - Circuit Lift / Mat	5th - Mat	5th - Tube Lift / Mat	5th - Mat	5th - Live Competition	Banquet Wednesday, 4/2/25 @ Legacy Community Rooms
	7th - Circuit Lift / Mat	7th - Mat	7th - Tube Lift / Mat	7th - Mat	7th - Live Competition	
	Room Closed After School	Room Closed After School	Room Closed After School	Room Closed After School	Room Closed After School	

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