

Seven Lakes Wrestling 2026-27 Training and Competition Schedule

<u>Sunday</u> 9-Aug	<u>Monday</u> 10-Aug	<u>Tuesday</u> 11-Aug	<u>Wednesday</u> 12-Aug	<u>Thursday</u> 13-Aug	<u>Friday</u> 14-Aug	<u>Saturday</u> 15-Aug
First Week of School. 5th Period Workouts Begin. Room Closed After School	No School	No School	Classes Resume - Wrestler's Handbook - No Workouts	5th - Mat	5th - Mat	
				7th - No Workouts / Wrestler's Handbook	7th - No Workouts / Wrestler's Handbook	
				Room Closed After School	Room Closed After School	
16-Aug	17-Aug	18-Aug	19-Aug	20-Aug	21-Aug	22-Aug
12 Weeks to the Start of the Season. 7th Period Workouts Begin. Room Closed After School	5th - Mat	5th - Mat Circuit	5th - Mat	5th - Mat	5th - Mat	
	7th - Mat	7th - Mat	7th - Mat	7th - Mat	7th - Mat	
	Room Closed After School	Room Closed After School	Room Closed After School	Room Closed After School	Room Closed After School	
23-Aug	24-Aug	25-Aug	26-Aug	27-Aug	28-Aug	29-Aug
11 Weeks to the Start of the Season. 5 Weeks to Hydration Testing.	5th - Tube Lift A	5th - Mat	5th - Mat	5th - Mat	5th - Mat Circuit	
	7th - Mat	7th - Mat	7th - Mat	7th - Mat	7th - Mat	
	Room Closed After School	Room Closed After School	Room Closed After School Optional New Parent Begin at 5:00pm	Room Closed After School	Room Closed After School	

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.

Seven Lakes Wrestling 2026-27 Training and Competition Schedule

<u>Sunday</u> 30-Aug	<u>Monday</u> 31-Aug	<u>Tuesday</u> 1-Sep	<u>Wednesday</u> 2-Sep	<u>Thursday</u> 3-Sep	<u>Friday</u> 4-Sep	<u>Saturday</u> 5-Sep
10 Weeks to the Start of the Season. Optional After School Workouts Begin. 4 Weeks to Hydration	5th - A Lift	5th - Mat	5th - B Lift	5th - Mat	5th - A Lift	
	7th - Mat	7th - Mat	7th - Mat	7th - Mat	7th - Mat	
	Room Open By Appointment Only	Optional Practice (Down Blocking & Shot-Reshot to Double) 3:00-4:00pm	Room Open By Appointment Only	Open Mat 2:35-4:00pm	Room Closed After School	
6-Sep	7-Sep	8-Sep	9-Sep	10-Sep	11-Sep	12-Sep
9 Weeks to the Start of the Season. 3 Weeks to Hydration Testing.	No School - Off	5th - Mat	5th - B Lift	5th - Mat	5th - A Lift	
		7th - Mat	7th - Mat	7th - Mat	7th - Mat	
		Optional Practice (Down Blocking & Shot-Reshot to Single and Go Behinds) 3:00-4:00pm	Room Open By Appointment Only	Open Mat 2:35-4:00pm	Room Closed After School	
13-Sep	14-Sep	15-Sep	16-Sep	17-Sep	18-Sep	19-Sep
8 Weeks to the Start of the Season. 2 Weeks to Hydration Testing.	5th - B Lift	5th - Mat	5th - Tube Lift B	5th - Mat	No School - Teacher Inservice	
	7th - Mat	7th - Mat	7th - Mat	7th - Mat		
	Room Open By Appointment Only	Optional Practice (Control Rides) 3:00-4:00pm	Room Open By Appointment Only	Open Mat 2:35-4:00pm		

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<u>Sunday</u> 20-Sep	<u>Monday</u> 21-Sep	<u>Tuesday</u> 22-Sep	<u>Wednesday</u> 23-Sep	<u>Thursday</u> 24-Sep	<u>Friday</u> 25-Sep	<u>Saturday</u> 26-Sep
7 Weeks to the Start of the Season. 1 Week to Hydration Testing.	5th - C Lift	5th - Mat	5th - D Lift	5th - Mat	5th - E Lift	
	7th - Mat	7th - Mat	7th - Mat	7th - Mat	7th - Mat	
	Room Open By Appointment Only	Optional Practice (Leg Riding) 3:00-4:00pm	Room Open By Appointment Only	Open Mat 2:35-4:00pm	Room Closed After School	
27-Sep	28-Sep	29-Sep	30-Sep	1-Oct	2-Oct	3-Oct
6 Weeks to the Start of the Season. Hydration Testing Week.	5th - C Lift	5th - Mat	5th - D Lift	No workout / Wrestler's Handbook	5th - E Lift	
	7th - Mat	7th - Mat	7th - Mat	No workout / Wrestler's Handbook	7th - Mat	
	Room Open By Appointment Only	Optional Practice (Leg Riding Defense) 3:00-4:00pm	Room Open By Appointment Only	Open Mat 2:35-4:00pm	Room Closed After School	
4-Oct	5-Oct	6-Oct	7-Oct	8-Oct	9-Oct	10-Oct
5 Weeks to the Start of the Season	5th - C Lift	5th - Mat	5th - D Lift	5th - Mat	No School - Off	
	7th - Mat	7th - Mat	7th - Mat	7th - Mat		
	Room Open By Appointment Only	Optional Practice (Tilts) 3:00-4:00pm	Mandatory Team Meeting Fundraiser Kick Off 2:45-3:15pm Hydration Testing - Location and Time TBA	Open Mat 2:35-4:00pm		

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<u>Sunday</u> 11-Oct	<u>Monday</u> 12-Oct	<u>Tuesday</u> 13-Oct	<u>Wednesday</u> 14-Oct	<u>Thursday</u> 15-Oct	<u>Friday</u> 16-Oct	<u>Saturday</u> 17-Oct
4 Weeks to the Start of the Season	No School - Off	No School - Off	5th - E Lift	5th - Mat	5th - Mat	Pot Luck / Tailgate @ Covered Athletic Walkway 3:00-6:00pm
			7th - Mat	7th - Mat	7th - Mat	
			Room Open By Appointment Only	Open Mat 2:35-4:00pm Mandatory Parent Meeting @6:00pm In SLHS Library	Room Closed After School	
18-Oct	19-Oct	20-Oct	21-Oct	22-Oct	23-Oct	24-Oct
3 Weeks to the Start of the Season Mandatory After School Practices Begin	5th - Mat	5th - Mat	5th - Mat	5th - Mat	No School - Teacher Inservice	
	7th - Mat	7th - Mat	7th - Mat	7th - Mat		
	Navy Practice 2:35-4:30 Orange Practice 4:00-6:00 Lift Day	Navy Practice 2:35-3:45 Team Meeting 3:45-4:00 Orange Practice 4:00-6:00	Room Closed After School	Navy Practice 2:35-4:30 Orange Practice 4:00-6:00 Lift Day		
25-Oct	26-Oct	27-Oct	28-Oct	29-Oct	30-Oct	31-Oct
2 Weeks to the Start of the Season	5th - Mat	5th - Mat	5th - Mat	5th - Mat	5th - Mat	
	7th - Mat	7th - Mat	7th - Mat	7th - Mat	7th - Mat	
	Navy Practice 2:35-4:30 Orange Practice 4:00-6:00 Lift Day	Navy Practice 2:35-3:45 Team Meeting 3:45-4:00 Orange Practice 4:00-6:00	Room Closed After School	Navy Practice 2:35-4:30 Orange Practice 4:00-6:00 Lift Day	Room Closed After School	

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Seven Lakes Wrestling 2026-27 Training and Competition Schedule

<u>Sunday</u> 1-Nov	<u>Monday</u> 2-Nov	<u>Tuesday</u> 3-Nov	<u>Wednesday</u> 4-Nov	<u>Thursday</u> 5-Nov	<u>Friday</u> 6-Nov	<u>Saturday</u> 7-Nov
1 Week to the Start of the Season	No School - Teacher Inservice Day	5th - Mat	5th - Mat	5th - Mat	5th - Mat	
		7th - Mat	7th - Mat	7th - Mat	7th - Mat	
		Navy Practice 2:35-4:30 Orange Practice 4:00-6:00 Lift Day	Navy Practice 2:35-3:45 Team Meeting 3:45-4:00 Orange Practice 4:00-6:00	<u>Challenge Matches</u> Warm Up 3:00-3:15 Matches Begin at 3:30	Navy Practice 2:35-4:30 Orange Practice 4:00-6:00 Lift Day	
8-Nov	9-Nov	10-Nov	11-Nov	12-Nov	13-Nov	14-Nov
6 Weeks to Mid-Season Break	5th - Mat	5th - Mat	Cy Falls @ Cy Falls V, G, JV	5th - Mat	5th - Mat	Big 12 @ Cinco Ranch V, G, JV
	7th - Mat	7th - Mat		7th - Mat	7th - Mat	
	Navy Practice 2:35-4:30 Orange Practice 4:00-6:00 Lift Day	Navy Practice 2:35-3:45 Team Meeting 3:45-4:00 Orange Practice 4:00-6:00		Navy Practice 2:35-4:30 Orange Practice 4:00-6:00 Lift Day	Navy Practice 2:35-4:00 Orange Practice 4:00-6:00	
15-Nov	16-Nov	17-Nov	18-Nov	19-Nov	20-Nov	21-Nov
5 Weeks to Mid-Season Break	5th - Mat	5th - Mat	Cy Lakes @ SLHS V, G, JV	5th - Mat	5th - Mat	The Paetow Thanksgiving Give Back @ Paetow V, G, JV
	7th - Mat	7th - Mat		7th - Mat	7th - Mat	
	Navy Practice 2:35-4:30 Orange Practice 4:00-6:00 Lift Day	Navy Practice 2:35-3:45 Team Meeting 3:45-4:00 Orange Practice 4:00-6:00		Navy Practice 2:35-4:30 Orange Practice 4:00-6:00 Lift Day	Navy Practice 2:35-4:00 Orange Practice 4:00-6:00	

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22-Nov	23-Nov	24-Nov	25-Nov	26-Nov	27-Nov	28-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 9:00-10:15 Orange Practice 9:00-11:00am.	Clear Falls, Cy Springs, & Klein at SLHS V, G, JV				
29-Nov	30-Nov	1-Dec	2-Dec	3-Dec	4-Dec	5-Dec
3 Weeks to Mid-Season Break	5th - Mat	5th - Mat	Grand Oaks and Kingwood at Grand Oaks V, JV & G	5th - Mat	JV War Games & War Games Duals @ Frisco Memorial V, JV & G	War Games @ Frisco Memorial V & G
	7th - Mat	7th - Mat		7th - Mat		
	Navy Practice 2:35-4:30 Orange Practice 4:00-6:00 Lift Day	Navy Practice 2:35-3:45 Team Meeting 3:45-4:00 Orange Practice 4:00-6:00		Practice for War Games Participants Only 3:00-5:00 or Travel to Frisco with Friday workout		
6-Dec	7-Dec	8-Dec	9-Dec	10-Dec	11-Dec	12-Dec
2 Weeks to Mid-Season Break	5th - Mat	5th - Mat	Tomas @ Seven Lakes V, G, JV	5th - Mat	5th - Mat	The Conroe Duals at Conroe HS V & G
	7th - Mat	7th - Mat		7th - Mat	7th - Mat	
	Navy Practice 2:35-4:30 Orange Practice 4:00-6:00 Lift Day	Navy Practice 2:35-3:45 Team Meeting 3:45-4:00 Orange Practice 4:00-6:00		Navy Practice 2:35-4:30 Orange Practice 4:00-6:00 Lift Day	Navy Practice 2:35-4:00 Orange Practice 4:00-6:00	

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<u>Sunday</u> 13-Dec	<u>Monday</u> 14-Dec	<u>Tuesday</u> 15-Dec	<u>Wednesday</u> 16-Dec	<u>Thursday</u> 17-Dec	<u>Friday</u> 18-Dec	<u>Saturday</u> 19-Dec
1 Week to Mid-Season Break	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	District Duals @ LMC V & G
	Navy Practice 2:35-3:15 Team Meeting 3:15-3:30 Orange Practice 3:30-5:00 Lift Day	No Practice / Exam Prep Day	Navy Practice 2:45-3:30 Orange Practice 3:30-4:30	Navy Practice 2:45-3:30 Orange Practice 3:00-4:30 Lift Day	Navy Practice 2:45-3:30 Orange Practice 3:30-4:30	
20-Dec	21-Dec	22-Dec	23-Dec	24-Dec	25-Dec	26-Dec
5 Weeks to Post Season	No School - Off	No School - Off	No School - Off	No School - Off	No School - Off	No School - Off
27-Dec	28-Dec	29-Dec	30-Dec	31-Dec	1-Jan	2-Jan
4 Weeks to Post Season	No School - Off	No School	No School	No School	No School	Longhorn Duals at George Ranch HS V & G
		Team Meeting 8:45-9:00am Navy Practice 9:00-10:15 Orange Practice 9:00-11:30am. Lift Day	Navy Practice 9:00-10:15 Orange Practice 9:00am-11:00pm	Navy Practice 9:00-10:15 Orange Practice 9:00am-11:30pm Lift Day	Navy Practice 9:00-10:15 Orange Practice 9:00am-11:00pm	

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Seven Lakes Wrestling 2026-27 Training and Competition Schedule

<u>Sunday</u> 3-Jan	<u>Monday</u> 4-Jan	<u>Tuesday</u> 5-Jan	<u>Wednesday</u> 6-Jan	<u>Thursday</u> 7-Jan	<u>Friday</u> 8-Jan	<u>Saturday</u> 9-Jan
3 Weeks to Post Season	No School - Teacher Inservice Day	5th - Mat	5th - Mat	5th - Mat	Cy Fair Invitational at The Berry Center V & G	Cy Fair Invitational at The Berry Center V & G
	Navy Practice 3:00-4:30 Orange Practice 4:00-5:30 Lift Day	7th - Mat	7th - Mat	7th - Mat		
		Navy Practice 2:35-3:45 Team Meeting 3:45-4:00 Orange Practice 4:00-5:30	Navy Practice 2:35-4:30 Orange Practice 4:00-5:30 Lift Day	Navy Practice 2:35-4:00 Orange Practice 4:00-5:30		
10-Jan	11-Jan	12-Jan	13-Jan	14-Jan	15-Jan	16-Jan
2 Weeks to Post Season	5th - Mat	5th - Mat	Bridgeland at Bridgeland V, G, JV	5th - Mat	5th - Mat	Spartan Hall of Fame Invitational at Seven Lakes V, JV, G, JVG
	7th - Mat	7th - Mat		7th - Mat	7th - Mat	
	Navy Practice 2:35-4:30 Orange Practice 4:00-5:30 Lift Day	Navy Practice 2:35-3:45 Team Meeting 3:45-4:00 Orange Practice 4:00-5:30		Navy Practice 2:35-4:30 Orange Practice 4:00-5:30 Lift Day	Orange Practice 6:00-7:30pm (Navy Optional) Gym Set Up After Practice	
17-Jan	18-Jan	19-Jan	20-Jan	21-Jan	22-Jan	23-Jan
1 Week to Post Season	No School	5th - Mat	Bryan and George Ranch at SLHS V, G, JV (Senior Night)	5th - Mat	5th - Mat	Orange Practice 10:00am-12:00pm
	Team Meeting 8:45-9:00am Navy Practice 9:00-10:15 Orange Practice 9:00-11:00 Lift Day	7th - Mat		7th - Mat	7th - Mat	
		Navy Practice 2:35-4:00 Orange Practice 4:00-5:30		Navy Practice 2:35-4:30 Orange Practice 4:00-5:30 Lift Day	Navy Practice 2:35-4:00 Orange Practice 4:00-5:30	

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<u>Sunday</u> 24-Jan	<u>Monday</u> 25-Jan	<u>Tuesday</u> 26-Jan	<u>Wednesday</u> 27-Jan	<u>Thursday</u> 28-Jan	<u>Friday</u> 29-Jan	<u>Saturday</u> 30-Jan
Districts	5th - Mat	5th - Mat	5th - Mat	Varsity Boys and Girls District Championships @ LMC	5th - Mat	Varsity District Line Up Practice 8:00-9:30 JV Boys, JV Girls, and Freshman Boys District Championships @ LMC
	7th - Mat	7th - Mat	7th - Mat		7th - Mat	
	Navy Practice 2:35-4:30 Orange Practice 4:00-5:30 Lift Day	Navy Practice 2:35-3:45 Team Meeting 3:45-4:00 Orange Practice 4:00-5:30	Navy Practice 2:35-4:00 Orange Practice 4:00-5:30		Navy Practice 2:35-4:00 Orange Practice 4:00-5:30 Lift Day for those not in Sub Varsity Districts	
31-Jan	1-Feb	2-Feb	3-Feb	4-Feb	5-Feb	6-Feb
Regionals	5th - Mat	5th - Mat	5th - Mat	5th - Mat	Region III Championships at LMC	Region III Championships at LMC
	7th - Mat	7th - Mat	7th - Mat	7th - Mat		
	Post Season Practice 3:15-4:45 Lift Day	Post Season Practice 3:15-4:45 Team Pictures 2:45	Post Season Practice 3:15-4:45	Post Season Practice 3:15-4:45		
7-Feb	8-Feb	9-Feb	10-Feb	11-Feb	12-Feb	13-Feb
State	5th - Mat	5th - Mat	5th - Mat	5th - Mat	State Championships at The Berry Center	State Championships at The Berry Center
	7th - Mat	7th - Mat	7th - Mat	7th - Mat		
	Post Season Practice 3:15-4:45 Lift Day	Post Season Practice 3:15-4:45	Post Season Practice 3:15-4:45	Post Season Practice 3:15-4:45		

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14-Feb	15-Feb	16-Feb	17-Feb	18-Feb	19-Feb	20-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	
21-Feb	22-Feb	23-Feb	24-Feb	25-Feb	26-Feb	27-Feb
11 Weeks of Spring Workouts Left	5th - Big Weight Room Lift	5th - Mat	5th - Big Weight Room Lift	5th - Circuit Lift / Mat	5th - Tube Lift / Mat	
	7th - Weight Lift (Wrestling Room)	7th - Mat	7th - Weight Lift (Wrestling Room)	7th - Circuit Lift / Mat	7th - Tube Lift / Mat	
	Room Closed After School	Room Closed After School	Room Closed After School	Room Closed After School	Room Closed After School	
28-Feb	1-Mar	2-Mar	3-Mar	4-Mar	5-Mar	6-Mar
10 Weeks of Spring Workouts Left	5th - Big Weight Room Lift	5th - Mat	5th - Big Weight Room Lift	5th - Circuit Lift / Mat	5th - Tube Lift / Mat	Banquet Wednesday, 3/31/27 @ SLHS Main Commons
	7th - Weight Lift (Wrestling Room)	7th - Mat	7th - Weight Lift (Wrestling Room)	7th - Circuit Lift / Mat	7th - Tube Lift / Mat	
	Room Closed After School	Room Closed After School	Room Closed After School	Room Closed After School	Room Closed After School	

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