



PRACTICE SCHEDULE

PRE-SEASON

must be age 7+ and have 2 years experience

August 4th - August 28th

Wednesdays and Sundays 6:00 - 7:30 PM

LIL RASSLERS

November through January

Mondays 5:45 - 6:45 PM

NOVICE

September through January

Tuesdays and Thursdays 5:45 - 6:45 PM

OPEN

September through February (Open State)

Mondays 6:00 - 7:30 PM

Tuesdays & Thursdays 7:00 - 8:30 PM

ELITE

September through February (Open State)

Mondays 6:00 - 7:30 PM

Wednesdays 6:00 - 7:30 PM

Tuesdays & Thursdays 7:00 - 8:30 PM