PRACTICE SCHEDULE

**Willow Springs women:**

* Every “B” day (excluding Fridays) from 5:00 pm to 6:30 pm.
* Additional practice on “A” days when HS team is away for competition.
* Practice held at SCIS, wrestling room.
* Parents take wrestlers to SCIS each practice.

**Lovejoy HS:**

* Performance Course (usually Monday & Thursday) from 7:00 am to 8:00 am at LHS indoor facility weight room.
* Every “A” day after school from 4:40 pm to 6:15 pm @ SCIS for all wrestlers.
  + Wrestlers responsible for ride to SCIS.
* Every “B” day for wrestlers “in class” from 2:45 pm – 4:45 pm
  + LISD transportation takes wrestlers from LHS to SCIS at 2:15 pm.
* Every “B” day for football players who remain in football period from 4:40 pm to 6:15 pm @ SCIS.
* Parents pick up wrestlers from SCIS at completion of practice each night.

**Lovejoy Youth Club:**

* Postponed this season due to COVID-19.