

## **Season 2022-2023 Week 14**

Goal-Conditioning/Technique - Peaking  
Perry Meridian High School Wrestling

Monday-Sun - Jan. 30th - Feb. 4th

### **Monday Jan. 30th**

V (Regional) Boys -Practice 2:15 - 3:30

### **Tuesday -Jan. 31st**

V - Morning practice 6:00am

Boys - Study Table (Cafe) - 2:10-3:00

Girls - Practice 2:15 - 3:15

Boys practice 3:15 - 4:45 (Everyone)

### **Wednesday Feb. 1st**

Girls Practice - 1:45 - 3:00

Boys Study Table - 1:45 - 2:45

Boys Practice - 3:00 -4:30 (Everyone)

### **Thursday Feb. 2nd**

Boys - Study Table (Cafe) - 2:10-3:00

Girls - Practice 2:10-3:15

Boys practice 3:15-4:30 (Everyone)

### **Friday Feb. 3rd**

V - Boys - Practice 2:15 - 3:00

Set-up gym for Regionals **(EVERYONE)**

### **Saturday Feb. 4th**

V - Boys - @ Regional (Home)

**EVERYONE** - Help run the tournament