

OCTOBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	4
<p>LEADERS' PRACTICES & TEAM MEETING →</p>		<p>BHS PRE-SEASON TEAM MEETING @ 2:40 PM (CAFE) TEAM LEADER WORKOUT 3:30 PM</p>	<p>TEAM LEADER WORKOUT 2:45 PM</p>	<p>AFTER SCHOOL MTG W/ TEAM MANAGERS @ 2:40 PM (C119) PRE-SEASON MEETING W/ PARENTS @ 6:00PM (A101-W)</p>	<p>½ DAY OF SCHOOL TEAM LEADER WORKOUT 11 AM</p>	

NOVEMBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 (October) LEADERS' PRACTICES & TEAM MEETING →	29	30 BHS PRE-SEASON TEAM MEETING @ 2:40 PM (CAFE) TEAM LEADER WORKOUT 3:45 PM	31 TEAM LEADER WORKOUT 2:45 PM	1 (November) AFTER SCHOOL MTG W/ TEAM MANAGERS @ 2:40 PM (C119) PRE-SEASON MEETING W/ PARENTS @ 6:00PM (A101-W)	2 ½ DAY OF SCHOOL TEAM LEADER WORKOUT 11 AM	3
4 FIRST WEEK OF THE SEASON & JOHNSON'S MOUND DAY (S) →	5 START OF SEASON PRACTICE 3-5:45 PM NON-ACCEL-LIFT	6 PRACTICE 3-5:45 PM NON-ACCEL-LIFT	7 PRACTICE 3-5:15 PM DICK POND REP AFTER PRACTICE	8 7AM - NON-ACCEL-LIFT PRACTICE 3-5:15 PM	9 PRACTICE 3-5:45 PM	10 AM PRACTICE 9 AM – 12:00 PM BUSES @8:30 AM JOHNSON'S MOUND DAY!
11 PICTURES (M), CHALLENGE WEEK, OPEN HOUSES (M/F) & GEAR HANDOUT (S) WEEK →	12 PHOTO DAY @ 5PM PRACTICE 2:40-5:45 PM BHS OPEN HOUSE-6PM NON-FALL ATHLETES ONLY	13 PRACTICE 3-5:45 PM NON-ACCEL-LIFT	14 PRACTICE 3-5:15 PM WRESTLING OPEN HOUSE & WRESTLE-OFFS 6:00 PM	15 7AM - NON-ACCEL-LIFT PRACTICE 3-5:15 PM	16 PRACTICE 3-5:15 PM	17 AM PRACTICE 8-10:30 AM GEAR HANDOUT UNTIL 11:00 AM
18 WHEELING DUAL (W), NAPERVILLE CENTRAL QUAD (S) & THANKSGIVING WEEK →	19 PRACTICE 3-5:45 PM NON-ACCEL-LIFT	20 PRACTICE 3-5:45 PM NON-ACCEL-LIFT	21 Thanksgiving Break ALL LEVELS DUAL @ WHEELING 10:00 AM (7:30 AM) (ALL)	22 Thanksgiving Break HAPPY THANKSGIVING!!! <<<OFF>>> Eat Sensibly & Go for a Run	23 Thanksgiving Break PRACTICE (ALL) 2-5 PM LIFT - ALL *NOTE 2 PM START*	24 Thanksgiving Break V/JV: @ NAPERVILLE CENTRAL QUAD 9 AM (7 AM) (NC, DGS, ??*) *JV-STAGG F: @ WILLOWBROOK 9AM (7AM)
25 Thanksgiving Break LAKE PARK DUAL (F) & SANDBURG QUAD (S) →	26 PRACTICE 3-5:45 PM NON-ACCEL-LIFT	27 PRACTICE 3-5:45 PM	28 PRACTICE 3-5:15 PM	29 7AM - NON-ACCEL-LIFT PRACTICE 3-5:15 PM	30 DKC DUAL @ LAKE PARK (ALL) 5:30 PM (3:15 PM)	1 V: @ SANDBURG QUAD-10 AM (7:30AM) (SNBG, LYONS, FRMD) F/S: @ GENEVA F/S TOURNAMENT 9 AM (6:30 AM) JV: PRACTICE @ 8 AM

Start Time (Home Arrive Time*) or (Away Bus Time*)
in parentheses

DECEMBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25 Thanksgiving Break LAKE PARK DUAL (F) & SANDBURG QUAD (S) →	26 PRACTICE 3-5:30 PM NON-ACCEL-LIFT	27 PRACTICE 3-5:30 PM	28 PRACTICE 3-5:15 PM	29 7AM - NON-ACCEL-LIFT PRACTICE 3-5:15 PM	30 DKC DUAL @ LAKE PARK (ALL) 5:30 PM (3:15 PM)	1 V: @ SANDBURG QUAD-10 AM (7:30 AM) (SNBG, LYONS, FRMD) F/S: @ GENEVA F-S TOURNAMENT 9 AM (6:30 AM) JV: PRACTICE @ 8 AM
2 GLENBARD N. (F) & BATAVIA QUAD (S) →	3 PRACTICE 3-5:30 PM NON-ACCEL-LIFT	4 V: 6 AM WORKOUT PRACTICE 3-5:30 PM NON-ACCEL-LIFT	5 PRACTICE 3-5:15 PM	6 7AM - NON-ACCEL-LIFT PRACTICE 3-5:15 PM	7 DKC DUAL VS. GLENBARD NORTH HOME (ALL) 5:30 PM (3:15 PM) SET UP TO FOLLOW	8 V: HOME QUAD (HNSC, PLFDE, LWC) 9 AM (7 AM) JV: @ KANELAND T. 8:30 AM (6 AM) E: @ GRAYSLAKE C. T. 9 AM (5:30 AM)
9 WHEATON-WARRENVILLE S. DUAL (TH) & GLENBROOK SOUTH TOURNEY (F&S) →	10 PRACTICE 3-5:30 PM NON-ACCEL-LIFT	11 V: 6 AM WORKOUT PRACTICE 3-5:30 PM NON-ACCEL-LIFT	12 PRACTICE 3-5:15 PM	13 7AM - NON-ACCEL-LIFT DKC DUAL @ WHEATON-W SOUTH (ALL) 5:30 PM (3:30 PM)	14 V: @ GLENBROOK SOUTH TOURNEY 3:30 PM (12 PM) JV/F: PRACTICE 3-5:15 PM	15 V: @ GLENBROOK SOUTH TOURNEY 10 AM (6:45 AM) JV: @ WAUB.V. QUAD 9 AM (7:15 AM) E: @ W. AURORA QUAD 9 AM (7:30 AM)
16 GENEVA DUAL (F) →	17 PRACTICE 3-5:30 PM NON-ACCEL-LIFT	18 V: 6 AM WORKOUT PRACTICE 3-5:30 PM NON-ACCEL-LIFT	19 PRACTICE 3-5:15 PM	20 **FINALS** 7AM - NON-ACCEL-LIFT PRACTICE 3-5:15 PM	21 **FINALS** DKC DUAL @ GENEVA (ALL) 5:30 PM (3:45 PM)	22 AM PRACTICE 8-10:30 AM
23 X-MAS & GRANITE CITY TOURNEY (F&S) WEEK →	24 *Winter Break* CHRSTMAS EVE <<<OFF>>>	25 *Winter Break* MERRY CHRSTMAS! <<<OFF>>>	26 *Winter Break* ALL: PM PRACTICE 2-5 PM LIFT/COND. - V	27 *Winter Break* ALL: AM PRACTICE 8-10:30 AM LIFT - JV/F	28 *Winter Break* JV/F: AM PRACTICE 8-10:30 AM	29 *Winter Break* JV: @ LINCOLN WAY W. QUAD (LWC, LWE, LWW) 9 AM (6:45 AM)
30	31 ALL: OFF			V: LEAVE FOR GRANITE CITY @ 11:30 AM	V: @ GRANITE CITY TOURNEY 10:30 AM	E: OFF V: @ GRANITE CITY TOURNEY 9:30 AM

Start Time (Home Arrive Time*) or (Away Bus Time*)
in parentheses

JANUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 *Winter Break* ST. CHARLES EAST (TH) & BATAVIA QUAD (S) WEEK →	31 *Winter Break* ALL: OFF	1 *Winter Break* HAPPY NEW YEAR!!! V: PM PRACTICE 2-5 PM JV/F: PRACTICE OPTIONAL	2 *Winter Break* ALL: AM PRACTICE 8-10:30 AM LIFT - ALL	3 *Winter Break* DKC DUAL VS. ST. CHARLES EAST HOME 5:30 PM (3:00 PM)	4 *Winter Break* ALL: AM PRACTICE 8-10:30 AM LIFT - ALL	5 *Winter Break* V: BATAVIA QUAD (MA.W., SCH, PEKIN) 9 AM (6 AM) JV: HOME DUALS (D-C, MA.W., MC, WDSTK) 9 AM (6 AM) F: @ NILES N. TRNY 9 AM (6 AM)
6 *Winter Break* ST. CHARLES N. (F) & BATAVIA TOURNAMENT WEEK (S) →	7 1 ST DAY 2 ND SEMESTER PRACTICE 3-5:30 PM NON-ACCEL-LIFT	8 V: 6 AM WORKOUT PRACTICE 3-5:30PM NON-ACCEL-LIFT	9 PRACTICE 3-5:15 PM	10 7AM - NON-ACCEL-LIFT PRACTICE 3-5:15 PM	11 DKC DUAL @ ST. CHARLES NORTH 5:30 PM (3:15 PM) STAGE MATS BEFORE SET-UP GYM AFTER	12 BATAVIA INVITATIONAL HOME V: 9 AM (6:30AM) JV/F: ARRIVE @ 8:40 AM
13 WHEATON N. (F) & JV1/JV2/F DUKANE CONFERENCE TOURNAMENT (S) WEEK →	14 PRACTICE 3-5:30 PM NON-ACCEL-LIFT	15 V: 6 AM WORKOUT PRACTICE 3-5:30 PM NON-ACCEL-LIFT	16 PRACTICE 3-5:15 PM	17 7AM NON-ACCEL-LIFT PRACTICE 3-5:15 PM JV1 - SEEDING MTG @ HOME	18 SENIOR NIGHT DKC DUAL VS. WHEATON NORTH HOME (ALL) 5:30 PM (2:45 PM) *SET UP FOR JV1 CONFERENCE TOURNEY	19 DUKANE JV1 JV1: TOURNEY HOME 9:30 AM (6:45 AM) V: WORKING TOURNEY JV2: DUKANE JV2-FR. & F TOURNEY @ ST. CHARLES E. 9:30 AM (6:30 AM)
20 girls state VARSITY DUKANE CONFERENCE TOURNAMENT (SAT) & BWC TOURNEY WEEK (SUN) →	21 NO SCHOOL ALL: AM PRACTICE 8-10:30 AM NON-VARSITY NON-ACCEL-LIFT	22 PRACTICE 3-5:30 PM NON-VARSITY NON-ACCEL-LIFT	23 PRACTICE 3-5:15 PM	24 7AM NON-V/ACCEL-LIFT PRACTICE 3-5:15 PM	25 PRACTICE 3-5:15 PM	26 V: DUKANE VARSITY TOURNEY @ WHEATON WARRENVILLE SOUTH 9:30 AM (6:30 AM) JV/F: WATCH MEDAL ROUND OF TOURNEY
27 BWC TOURNEY HOME (ALL) (8:30 AM) IHSА REGIONALS WEEK →	28 PRACTICE 3-5:30 PM NON-VARSITY NON-ACCEL-LIFT	29 PRACTICE 3-5:30 PM NON-VARSITY NON-ACCEL-LIFT	30 PRACTICE 3-5:15 PM	31 7AM NON-V/ACCEL-LIFT PRACTICE 3-5:15 PM IHSА SEED MEETING	1 PRACTICE 3-5:15 PM	2 V: IHSА REGIONALS TBA (TBA) JV/F: WATCH REGIONAL BLOOD ROUND & MEDAL ROUND

Start Time (Home Arrive Time*) or (Away Bus Time*)
in parentheses

FEBRUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 IHSA REGIONALS WEEK (S)→	28 PRACTICE 3-5:30 PM NON-VARSITY NON-ACCEL-LIFT	29 PRACTICE 3-5:30 PM	30 PRACTICE 3-5:15 PM	31 7AM NON-V/ACCEL-LIFT PRACTICE 3-5:15 PM IHSA SEED MEETING	1 PRACTICE 3-5:15 PM	2 V: IHSA REGIONALS TBA (TBA) JV/E: WATCH REGIONAL BLOOD ROUND & MEDAL ROUND
3 IHSA SECTIONALS WEEK (F&S)→	4 PRACTICE 3-5:15 PM F/JV: EQPMT TURN-IN INDIVIDUAL MEETINGS	5 PRACTICE 3-5:15 PM F/JV	6 PRACTICE 3-5:15 PM	7 PRACTICE 3-5:15 PM	8 **NO SCHOOL** IHSA SECTIONALS TBA TBA (TBA)	9 IHSA SECTIONALS TBA TBA (TBA) JV/E: WATCH SECTIONAL BLOOD RND. & MEDAL RND.
10 IHSA INDIVIDUAL STATE WEEK (TH, F & S)→	11 PRACTICE 3-5:15 PM	12 PRACTICE 3-5:15 PM	13 PRACTICE 3-5:15 PM	14 DAY 1 IHSA STATE @ CHAMPAIGN TBA (AM - TBA)	15 DAY 2 IHSA STATE @ CHAMPAIGN	16 DAY 3 IHSA STATE @ CHAMPAIGN
17 RETURN FROM IHSA STATE @ CHAMPAIGN IHSA TEAM STATE WEEK →	18 **NO SCHOOL** V: PRACTICE? 9-11 AM	19 IHSA TEAM SECTIONAL TBA (TBA) G, F-S STATE PRACTICE 3-5:15 PM	20 V: PRACTICE ? 3-5:15 PM	21 V: PRACTICE ? 3-5:15 PM G, F-S STATE PRACTICE 3-5:15 PM	22 PRACTICE ? 3-5:15 PM	23 V: IHSA TEAM STATE TBA (TBA) END OF IHSA SEASON F/S: F-S REGIONAL? TBA (TBA)
24 F/S: F-S REGIONAL? TBA (TBA)	25	26 G, F-S STATE PRACTICE 3-5:15 PM	27	28 G, F-S STATE PRACTICE 3-5:15 PM	1	2 F/S: F-S SECTIONAL TBA (TBA)

Start Time (Home Arrive Time*) or (Away Bus Time*)
in parentheses

MARCH 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
24 F/S: F-S REGIONAL? TBA (TBA)	25	26 G, F-S STATE PRACTICE 3-5:15 PM	27	28 **1/2 DAY** G, F-S STATE PRACTICE 11 AM-12:30 PM	1 **NO SCHOOL**	2 G: IWCOA Sectional F/S: F-S SECTIONAL? TBA (TBA)
3 G: IWCOA Sectional F/S: F-S SECTIONAL? TBA (TBA)	4	5 F-S STATE PRACTICE 3-5:15 PM	6	7 F-S STATE PRACTICE 3-5:15 PM	8 FROSH-SOPH STATE LEAVE FOR SPRINGFIELD TBA (TBA)	9 GIRLS STATE & FROSH-SOPH STATE IN SPRINGFIELD TBA
10 GIRLS STATE & FROSH-SOPH STATE IN SPRINGFIELD TBA	11	12	13 BULLDOG WRESTLING FAMILY BANQUET BHS CAFETERIA 6:30 PM	14	15	16
17	18	19	20	21	22	23 *Spring Break* Off-Season Lifting Freestyle & Greco Camp Begins After Spring Break →
24 *Spring Break*	25 *Spring Break*	26 *Spring Break*	27 *Spring Break*	28 *Spring Break*	29 *Spring Break*	30 *Spring Break*
31						

Start Time (Home Arrive Time*) or (Away Bus Time*)
in parentheses