



Jr. Cougar Wrestling Club



Jr. Cougar Important Dates

Practice: Tuesday, Wednesday & Thursday 6:30-7:45pm

CHS - Conant High School/EGHS - Elk Grove High School

All practice times and locations subject to change

November

11/6/18 - Practice - CHS

11/7/18 - Practice - CHS

11/8/18 - Practice - CHS

11/13/18 - Practice - CHS

11/14/18 - Practice - EGHS

11/15/18 - Practice - CHS

Tuesday 11/20/18 - Pizza Party & Watch Conant vs. Round Lake @ Conant Main Gym.

Pizza 5:00 pm, Meet starts at 6:00 pm.

11/21/18 - No Practice

11/22/18 - No Practice (Happy Thanksgiving!)

11/27/18 - Practice - CHS

11/28/18 - Practice - EGHS

11/29/18 - Practice - EGHS

December

12/4/18- Practice - EGHS

12/5/18 - Practice - CHS

12/6/18 - Practice - EGHS

12/11/18 - Practice - CHS

12/12/18 - Practice - EGHS

12/13/18 - Practice - CHS

12/18/18 - Practice - EGHS

12/19/18 - Practice - CHS

12/20/18 - Practice - EGHS

12/25/18 - No Practice

12/26/18 - Practice in the AM - CHS

12/27/18 - Practice in the AM - CHS

Optional Dual Meet (More info to follow)

January

1/1/19 - No Practice

1/2/19 - Practice in the AM - CHS

(Jan. continued)

[1/3/19 - Practice in the AM - CHS](#)

1/8/19 - Practice - CHS

1/9/19 - Practice - EGHS

[1/10/19 - Practice - CHS](#)

1/15/19 - Practice - EGHS

1/16/19 - Practice - CHS

[1/17/19 - Practice - EGHS](#)

1/22/19 - Practice - CHS

1/23/19 - Practice - EGHS

[1/24/19 - Practice - CHS](#)

1/29/19 - Practice - EGHS

1/30/19 - Practice - CHS

1/31/19 - Practice - EGHS

February

2/5/19 - Practice - CHS

2/6/19 - Practice - EGHS

[2/7/19 - Practice - CHS](#)

[2/10/19 - Jr. Cougar Tournament @ Conant Main Gym \(All Day, more info to follow\)](#)

2/12/19 - Practice - EGHS

2/13/19 - Practice - CHS

[2/14/19 - Practice - EGHS](#)

2/19/19 - Practice - CHS

2/20/19 - Practice - EGHS

[2/21/19 - Practice - CHS](#)

2/26/19 - Practice - TBD

2/27/19 - Practice - TBD

[2/28/19 - Practice - TBD](#)

March

3/5/19 - Practice - TBD

3/6/19 - Practice - TBD

[3/7/19 - Practice - TBD](#)

[3/9/19 - IKWF State Meet](#)

Awards Night (Info to Follow)