

# December 2018

Coach Frischmann 609-709-3343  
e-mail: kfrischmann@srsd.net

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Practice 10:00 to 12:00
2	3 Practice 2:30 to 5:00	4 Practice 2:30 to 5:00	5 <u>Toms River South</u> 3:45 @ SRMS	6 Practice 2:30 to 5:00	7 Practice 2:30 to 5:00	8 <u>B Team Quad</u> 10:00 @ SRMS
9	10 Practice 2:30 to 5:00	11 Practice 2:30 to 5:00	12 Practice 2:30 to 5:00	13 <u>Delsea</u> 4:30 @ Delsea	14 Practice 2:30 to 5:00	15 JSIWL *See Schedule*
16	17 Practice 2:30 to 5:00	18 <u>Lacey</u> 3:45 @ SRMS	19 Practice 2:30 to 5:00	20 <u>Toms River East</u> 3:45 @ TRE	21 Practice 12:30 to 3:00	22 JSIWL *See Schedule*
23	24 Practice 10:00 to 12:00	25 Christmas	26 Practice 10:00 to 12:00	27 Southern Slam A-Team Tourm.	28 No Practice	29 Practice 10:00 to 12:00
30	31 Practice 10:00 to 12:00					

**B Team Quad** = Goetz, TRE, & Lacey --- A team will be off on 12/8.  
**12/13 match** is for A-team only. (B team is off)  
**Southern Slam** = Be prepared to help in setting up the 11/12 high school gym on 12/26. We'll have more work to do than just practice that day!

# January 2019

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 New Year's No Practice	2 Practice 2:30 to 5:00	3 <u>McAuliffe</u> 3:45 @ SRMS	4 Practice 2:30 to 5:00	5 JSJWL *See Schedule*
6	7 Practice 2:30 to 5:00	8 Practice 2:30 to 5:00	9 <u>Toms River North</u> 3:45 @ TRN	10 Practice 2:30 to 5:00	11 Practice 2:30 to 5:00	12 JSJWL *See Schedule*
13	14 Practice 2:30 to 5:00	15 <u>Vets Memorial</u> 3:45 @ SRMS	16 Practice 2:30 to 5:00	17 <u>Millville (B)</u> 3:45 @ SRMS	18 <u>Central Regional</u> 3:45 @ Central	19 JSJWL *See Schedule*
20	21 Practice 10:00 to 12:00	22 Practice 2:30 to 5:00	23 <u>Goetz</u> 3:45 @ SRMS	24 Practice 2:30 to 5:00	25 Practice 2:30 to 5:00	26 Red Division Tourn. TBA @ Lakewood HS
27	28 O.C. Champions 6pm @ Lake Riv.	29 Practice 2:30 to 5:00	30 Practice 2:30 to 5:00	31 Tri-Counties 6pm @ Lake Riv.		
<p><b>1/17 = B team wrestling Millville with A team practicing at location TBD. Red Division Tournament = A team only (RDT champions only wrestle on 1/28 with the rest of the team having off.)</b></p>						

# February 2019

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 B Team Tourn. 3:30 @ Lake Riv.	2 JSJWL *See Schedule*
3 JSJWL Team Playoffs	4 No Practice	5 Practice 2:30 to 5:00	6 Practice 2:30 to 5:00	7 No Practice	8 Practice 2:30 to 5:00	9 No Practice
10	11 Practice 2:30 to 5:00	12 No Practice	13 Practice 2:30 to 5:00	14 No Practice	15 Practice 12:30 to 3:00	16 No Practice
17 JSJWL Tourn. @See Below	18	19	20	21	22	23
24	25	26	27	28		

JSJWL A Division Tournament = Toms River East H.S. JSJWL C Division Tournament = Lacey Township H.S.  
2/1 tournament is for B team only. (A team will have practice from 2:30 to 5:00 in Gym C.)

**B Team Equipment Return = Tuesday February 5th in Gym C after school (Please wash equipment before returning them!)**