

Ewing Recreational Wrestling: 2019-2020 Practice Schedule

Location: Fisher Middle School - 1325 Lower Ferry Rd, Ewing Township, NJ 08618 - side/back gym

Time: 6:15 to 8 PM

**Optional sessions are by coach invitation only and require at least 2-3 years of prior mat experience*

NOVEMBER	REQUIRED			OPTIONAL*
	Tue 12	Wed 13	Thu 14	
	Tue 19	Wed 20	Thu 21	
	Tue 26**	Wed 27**		

** coaches will need help rolling out mats

DECEMBER	REQUIRED		OPTIONAL*
	Tue 3	Wed 4	Thu 5
	Tue 10	Wed 11**	Thu 12
	Tue 17	Wed 18**	Thu 19

** coaches will need help rolling out mats

JANUARY	REQUIRED			OPTIONAL*
			Thu 2	Fri 3**
	Tue 7	Wed 8**		Thu 9
	Tue 14	Wed 15**		Thu 16
	Tue 21	Wed 22**		Thu 23
	Tue 28	Wed 29		Thu 30**

** coaches will need help rolling out mats

FEBRUARY	REQUIRED		OPTIONAL*
	Tue 4	Wed 5**	Thu 6
	Tue 11**	Wed 12**	Thu 13**
	Tue 18**	Wed 19**	Thu 20**

** coaches will need help rolling out mats