

November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 Cobra Camp - Line work Magic @ Kamiakin
4 Cobra Camp - Line work Magic @ Kamiakin	5	6	7	8	9	10
11 Veteran's Day First Day of Practice 3:00-5:15	12	13 Practice 3:00-5:15	14 Practice 3:00-5:15	15 Practice 3:00-5:15	16 Practice 3:00-5:15	17 Practice 9:00-11:00
18 Practice 3:00-5:15	19	20 Practice 3:00-5:15	21 Early Release Weight Assessment 11:00-1:00	22 Thanksgiving Optional Run (Captain Led)	23 Practice 3:00-5:15	24 All @ WaHi Takedown Tournament
25 Picture Day Practice 3:00-5:15	26	27 Match Vs Pasco Varsity – 7:00pm JV & Girls – 6:00pm	28 Practice 3:00-5:15	29 Practice 3:00-5:15	30 Practice 3:00-5:15	

NOTES

- Make sure you have completed all of the necessary forms online to be eligible to practice the first day.
- Weight Assessment will be on Wednesday, Nov. 21. Make sure you are down to weight
- In order to wrestle against Pasco, you must have 12 practices.
- Facebook: www.facebook.com/kamiakinwrestling
- Twitter: @KahsWrestling
- <http://www.Kamiakinwrestling.com>
- To receive texts about updated practices times and reminders, text (442) 333-4374 with the message @kamia

Head Coach: Jordan Anderson
 Email: Jordan.anderson2@ksd.org
 Assistant Coaches: Alex Sligar, Gilbert Marquez, Miguel DeLeon, Pete Almaguer, Steven Romero

Head Girls Coach: Armando Luna

December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 JV & Girls @ Bob Mars Varsity –Practice 9:00-11:00
2 Practice 3:00-5:15	3 Practice 3:00-5:15	4 Practice 3:00-5:15	5 Practice 3:00-5:15	6 Match Vs Walla Walla Varsity – 7:00pm JV & Girls – 6:00pm	7 Varsity @ Inland Empire	8 Varsity @ Inland Empire Girls @ Warden Invite
9 Practice 3:00-5:15	10 Practice 3:00-5:15	11 Double Dual @ Home 5:00 Kamiakin vs Hanford 6:15 Chiawana vs Hanford 7:30 Kamiakin vs Chiawana	12 Practice 3:00-5:15	13 Practice 3:00-5:15	14 Varsity @ Tri-State	15 Varsity @ Tri-State JV @ Mac-Hi
16 Practice 3:00-5:15	17 Practice 3:00-5:15	18 Practice 3:00-5:15	19 Early Release Practice 11:00-1:00	20 Practice 2:00-4:15	21 Girls @ Burbank Practice and pancake feed setup 3:00-5:00	22 Pancake Feed
23 Christmas Eve No Practice	24 Christmas No Practice	25 Christmas No Practice	26 Boys No Practice	27 Practice 3:00-5:15	28 Girls @ Hanford Winter Cup Practice 3:00-5:15	29 Varsity and JV @ Hanford Winter Cup
30 No Practice	31					

NOTES

- It is a requirement to notify a coach if you are going to be absent during Winter Break.

- Thursday, December 6th is our 2nd annual Alumni Match. All former state placers in attendance will be recognized before the match.

- Our pancake feed will be on Saturday, December 22nd. All wrestlers need to be in attendance for this.

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Practice 3:00-5:15	2 Practice 9:00-11:00	3 Varsity leaves for Gut Check/Girls leave for Kelso JV Practice 3:00-5:15	4 Varsity @ Gut Check Girls @ Kelso Invite JV Practice 3:00-5:15	5 Varsity @ Gut Check JV @ Chiawana Duals Girls @ Kelso Invite
6 Practice 3:00-5:15	7 Practice 3:00-5:15	8 Practice 3:00-5:15	9 Practice 3:00-5:15	10 Double Dual Vs Hermiston & Kennewick @ Hanford	11 Varsity @ River City Duals Girls @ Othello	12 Varsity @ River City Duals Girls @ Othello
13 Practice 3:00-5:15	14 Practice 3:00-5:15	15 Practice 3:00-5:15	16 Practice 3:00-5:15	17 Match @ Southridge Varsity – 7:00 JV & Girls – 6:00	18 Practice 3:00-5:15	19 Varsity @ Dream Duals JV @ Lewis and Clark Duals Girls @ Grandview
20 Martin Luther King Jr. Day Practice 3:00-5:15	21 Practice 3:00-5:15	22 Practice 3:00-5:15	23 Practice 3:00-5:15	24 Senior Night Match vs Richland Varsity – 7:00 JV & Girls – 6:00	25 Practice 3:00-5:15	26 JV @ JV Championships Varsity – Practice 9:00- 11:00
27 Practice 3:00-5:15	28 Practice 3:00-5:15	29 Practice 3:00-5:15	30 Practice 3:00-5:15	31 Practice 3:00-5:15		

NOTES

February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Practice 3:00-5:15	2 Boys Districts @ Hermiston Girls Districts @ TBD
3 Practice 3:00-5:15	4 Practice 3:00-5:15	5 Practice 3:00-5:15	6 Practice 3:00-5:15	7 Practice 3:00-5:15	8 Regionals @ TBD	9 Boys Regionals @ TBD Girls Regionals @ TBD
10 Practice 3:00-5:15	11 Practice 3:00-5:15	12 Practice 3:00-5:15	13 Practice 3:00-5:15	14 Leave for Tacoma Dome Practice @ Tacoma Dome - 3:30-5:00	15 State @ Tacoma Dome	16 State @ Tacoma Dome
17	18	19	20	21	22	23
24	25	26	27	28		

NOTES

- All team issued gear is due back on Friday, February 22nd to Coach Anderson in room 315.