

NOVEMBER 2023



MID-VALLEY WOLVES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8U - Open 5:15 – 7:00		1 8U - Open 5:15 – 7:00	2 Strength & Conditioning 6:15 – 7:15	3	4
5	6 8U - Open 5:15 – 7:00	7	8 8U - Open 5:15 – 7:00	9 Strength & Conditioning 6:15 – 7:15	10	11
12	13 8U - Open 5:15 – 7:00	14 Strength & Conditioning 6:15 – 7:15	15 8U - Open 5:15 – 7:00 Weigh-Ins @ 7:00	16 LANCER SMITH TOURNAMENT	17 LANCER SMITH TOURNAMENT	18 LANCER SMITH TOURNAMENT
19	20 8U - Open 5:15 – 7:00	21 Strength & Conditioning 6:15 – 7:15	22 8U - Open 5:15 – 7:00	23 NO PRACTICE Thanksgiving	24	25
26	27 8U - Open 5:15 – 7:00	28	29 8U - Open 5:15 – 7:00	30 Strength & Conditioning 6:15 – 7:15		