

OCTOBER 2023



MID-VALLEY WOLVES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 8U – Open 5:15 – 7:00	3	4 8U – Open 5:15 – 7:00	5 Strength & Conditioning 6:15 – 7:15	6	7
8	9 8U – Open 5:15 – 7:00	10	11 8U – Open 5:15 – 7:00	12 PRACTICE CANCELED FREAKSHOW -RMN EVENT- Las Vegas, Nevada	13 FREAKSHOW -RMN EVENT- Las Vegas, Nevada Weigh-ins	14 FREAKSHOW -RMN EVENT- Las Vegas, Nevada
15 FREAKSHOW -RMN EVENT- Las Vegas, Nevada	16	17 8U – Open 5:15 – 7:00	18 8U – Open 5:15 – 7:00	19 Strength & Conditioning 6:15 – 7:15	20	21
22	23 8U – Open 5:15 – 7:00	24	25 8U – Open 5:15 – 7:00	26 Strength & Conditioning 6:15 – 7:15	27	28
29	30 8U – Open 5:15 – 7:00	31	8U – Open 5:15 – 7:00	Strength & Conditioning 6:15 – 7:15		