

# OCTOBER 2024



MID-VALLEY WOLVES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 4:15-6:00 12U – Open 6:15-7:00 6U – 10U	2 6:15-7:30 Strength & Conditioning	3 4:15-6:00 12U – Open 6:15-7:00 6U – 10U	4	5
6	7	8 4:15-6:00 12U – Open 6:15-7:00 6U – 10U	9 6:15-7:30 Strength & Conditioning	10 4:15-6:00 12U – Open 6:15-7:00 6U – 10U	11	12
13	14	15 4:15-6:00 12U – Open 6:15-7:00 6U – 10U	16 6:15-7:30 Strength & Conditioning	17 <b>PRACTICE CANCELLED</b> <b>FREAKSHOW -RMN EVENT- Las Vegas,</b>	18 <b>FREAKSHOW -RMN EVENT- Las Vegas, Nevada Weigh-ins</b>	19 <b>FREAKSHOW -RMN EVENT- Las Vegas, Nevada</b>
20 <b>FREAKSHOW -RMN EVENT- Las Vegas, Nevada</b>	21	22 4:15-6:00 12U – Open 6:15-7:00 6U – 10U	23 6:15-7:30 Strength & Conditioning	24 4:15-6:00 12U – Open 6:15-7:00 6U – 10U	25	26
27	28	29 4:15-6:00 12U – Open 6:15-7:00 6U – 10U	30 6:15-7:30 Strength & Conditioning	31 NO PRACTICE HALLOWEEN		