November 2009

Grappling Gators of Guerin College Prep

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9 Season Kick-Off Midnight	10 Training 3:30-5:30pm	11 Training 3:30-5:30pm	12 Training 3:30-5:30pm	13 IHSA Hydration and Body Percent Testing 3pm-4:30pm	14 Training 8-10am
15 Cross Train Run 2 miles	16 S & C 2-3:30pm One on One Instruction 3:30-4:30pm	17 Training 3:30-5:30pm	18 Training 3:30-5:30pm	19 Training 3:30-5:30pm	20 Training 3:30-5:30pm Challenges	21 Training 8-10am Challenges
22 Cross Train Run 2 & half miles	23 S & C 2-3:30pm Training 3:30-5:30pm	24 Riverside Brook-field Quad w/ Car-mel & Zion Benton All Levels 5pm	25 Training 8-11am	26 Thanksgiving OFF "Family Time"	27 Training 8-11am Tourney set up	28 @Guerin Gator Classic Varsity Invite @ Holy Cross 9am
29 Cross Train Run 3 miles	30 S & C 2-3:30pm Challenges 3:30-5pm					

GATOR WRESTLING

RESPECT ALL*FEAR NO ONE

8001 W. Belmont Avenue
River Grove, IL 60171
847-226-0833
Coach Earl Danan
edanan@guerinprep.org

Training and event calendar schedule subject to change at a moments notice

When you go the extra mile, it's never crowded.

GUERIN PREP WRESTLING

December 2009

Grappling Gators of Guerin College Prep

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 @St Viator Tri w/ Gordon Tech Frosh/Soph. & Var. 5:30pm	2 Training 3:30-5:30pm	3 Training 3:30-5:30pm	4 Training 3:30-5:30pm	5 Glenbard South Raider Invite (Frosh) 9am
6 Cross Train Run 3.5miles	7 S & C 2-3:30pm One on One Instruction 3:30-4:30pm	8 Training 3:30-5:30pm	9 Training 3:30-5:30pm	10 Training 3:30-5:30pm	11 Training 3:30-5:30pm	12 Lake Park Invitational (Frosh) 9am Luther Christian Tourney (Var.) 9am
13 Cross Train Run 4 miles	14 S & C 2-3:30pm One on One Instruction 3:30-4:30pm	15 Training 3:30-5:30pm	16 @Guerin Vs. Elk Grove All Levels SENIOR NIGHT 5:30pm	17 Training 3:30-5:30pm	18 Training 3:30-5:30pm Tourney Set Up	19 @Guerin Myles Goddard Invite (JV) 9am
20 Cross Train Run 4.5 miles	21 S & C 8-9am Challenges 9-10am	22 Uplift Varsity Invite @ Wright College 8:30am	23 Uplift Varsity Invite @ Wright College 8:30am	24 Christmas Eve Training 8-10am	25 Merry Christmas "Family Time"	26 Training 8-10am
27 Cross Train Run 5 miles	28 S & C 8-9am Challenges 9-10am	29 Training 8-10am	30 Loyola Tri w/ Round Lake All Levels 5pm	31 New Years Eve Training 8-10am		

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GUERIN PREP WRESTLING

January 2010

Grappling Gators of Guerin College Prep

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Quad @ Lockport w/ Glenbard South & Wheaton Warrenville South All Levels 8:00am
3 Cross Train Run 5.5 miles	4 S & C 2-3:30pm Challenges	5 Training 3:30-5:30pm	6 Dual @ Elmwood Pk. Frosh/Soph. & Var. 5pm	7 Training 3:30-5:30pm	8 Training 3:30-5:30pm	9 Training 8-10am
10 Cross Train Run 6 miles	11 S & C 2-3:30pm Challenges	12 Training 3:30-5:30pm	13 Dual @Ridgewood Frosh/Soph. & Var. 5pm	14 Training 3:30-5:30pm	15 Dual @ Fenwick Frosh/ Soph. & Var. 5pm	16 Training 8-10am
17 Cross Train Run 6.5 miles	18 S & C 2-3:30pm Challenges	19 Training 3:30-5:30pm	20 Dual @ St Edward Central Catholic JV & Var. 5:30pm	21 Training 3:30-5:30pm	22 Training 3:30-5:30pm	23 Training 8-10am
24 Cross Train Run 7 miles	25 S & C 2-3:30pm Challenges	26 Training 3:30-5:30pm	27 Training 3:30-5:30pm	28 Training 3:30-5:30pm	29 SCC Conference Tournament 6:00pm @Montini, Lombard	30 SCC Conference Tournament 8:00am @Montini, Lombard
31 Cross Train Run 7.5 miles						

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GUERIN PREP WRESTLING

February 2010

Grappling Gators of Guerin College Prep

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 S & C 2-3:30pm Challenges 3:30-5pm	2 Training 3:30-5:30pm	3 Training 3:30-5:30pm	4 Training 3:30-5:30pm	5 IHSA Regional @ Fenton 5:00pm Varsity Only	6 IHSA Regional @ Fenton 8:30am Varsity Only
7 Cross Train Run 8 miles	8 Training 3:30-5:30pm	9 Training 3:30-5:30pm	10 Training 3:30-5:30pm	11 Training 3:30-5:30pm	12 IHSA Sectional @ Fenton 5:00pm Varsity Only	13 IHSA Sectional @ Fenton 8:30am Varsity Only
14 Cross Train Run 8.5 miles	15 Training 3:30-5:30pm	16 Training 3:30-5:30pm	17 Training 3:30-5:30pm	18 IHSA State @ U of I Champaign— Urbana 3pm-7pm	19 IHSA State @ U of I Champaign— Urbana 8am-8pm	20 IHSA State @ U of I Champaign— Urbana 8am-8pm
21 Cross Train Run 9 miles	22 Training 3:30-5:30pm	23 IHSA Sectional Duals; Semi Final and Final @TBA 5:00pm	24 Training 3:30-5:30pm	25 Training 3:30-5:30pm	26 IHSA State Duals @US Cellular Coliseum Bloomington 5pm	27 IHSA State Duals @US Cellular Coli- seum Bloomington 8am
28 Cross Train Run 9.5 miles						

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