

2016-2017 BELLEFONTE VARSITY WRESTLING CALENDAR

November 2016

**"The harder you work, the harder it is to surrender."
~Vince Lombardi~**

NOTES:

OPTIONAL
AM MORNING
WORKOUTS
Every Tues. &
Thurs.
6:30-7:30 AM

NO AM
WORKOUTS
ON
COMPETITION
DAYS

| Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|--|---|---|--|---|---|---------------------------|
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 OPTIONAL PRACTICE 3:40-6 PM | 15 OPTIONAL PRACTICE 3:40-6 PM | 16 Parents Meeting 7 PM OPTIONAL PRACTICE 3:40-6 PM | 17 Optional Practice 3:40-6 PM "Home D Night" 5-9 PM | 18 1st OFFICIAL PRACTICE 3:40-6 PM | 19 PRACTICE 9-11 AM |
| 20 RUN 3 MILES OR TRAIN ON YOUR OWN | 21 PRACTICE 3:40-6 PM | 22 PRACTICE 3:40-6 PM AM WORKOUT | 23 PRACTICE 9-11 AM | 24 HAPPY THANKSGIVING Turkey Trot @ 9 AM | 25 PRACTICE 9-11 AM | 26 PRACTICE 9-11 AM |
| 27 RUN 3 MILES OR TRAIN ON YOUR OWN | 28 OPTIONAL PRACTICE 6-7:30 PM | 29 PRACTICE 3:40-6 PM AM WORKOUT | 30 PRACTICE 3:40-6 PM | | | |

2016-2017 BELLEFONTE VARSITY WRESTLING

COACHING STAFF:

Head Coach Mike Maney

Assistants:

Josh Fishburn Evan Benner
Matt Marris Brandon Reish
Mark Maney Richard Taylor

Coach Maney Contact Information:

Phone: (814) 574-2322
School Phone: (814) 355-4833 Ext. 8137
Email: mmaney@basd.net
Website: www.basd.net ;
Click Athletics, then Team Pages, Wrestling



2016-2017 BELLEFONTE VARSITY WRESTLING CALENDAR

December 2016

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|---|--|--|---|---|---|--|
| | | | | 1 PRACTICE 3:40-6 PM AM WORKOUT | 2 PRACTICE 3:40-6 PM | 3 PRACTICE OR SCRIMMAGE 9-11 AM |
| 4 | 5 PRACTICE 3:40-6 PM *WRESTLE-OFFS* | 6 PRACTICE 3:40-6 PM *WRESTLE-OFFS* AM WORKOUT | 7 PRACTICE 3:40-6 PM "MEET THE RAIDERS" | 8 PRACTICE 3:40-6 PM AM WORKOUT | 9 PRACTICE 3:40-6 PM | 10 PRACTICE OR SCRIMMAGE 9-11 AM |
| 11 | 12 PRACTICE 3:40-6 PM AM WORKOUT | 13 PHILIPSBURG- OSCEOLA AWAY Depart @ | 14 PRACTICE 3:40-6 PM | 15 PRACTICE 3:40-6 PM AM WORKOUT | 16 KING OF THE MOUNTAIN | 17 KING OF THE MOUNTAIN P-O JV Tournament |
| 18 YOUTH WRESTLING SCRIMMAGE TBA | 19 PRACTICE 3:40-6 PM AM WORKOUT | 20 SHIKELLAMY HOME Arrive @ 5 PM | 21 PRACTICE 3:40-6 PM AM WORKOUT | 22 TYRONE HOME Arrive @ 5 PM | 23 PRACTICE 9--11 AM | 24 PRACTICE 9-11 AM |
| 25 MERRY CHRISTMAS * 2 lbs. Allowance | 26 PRACTICE 9-11 AM | 27 PRACTICE 9-11 AM | 28 Practice 3-5 PM Depart for CV after practice | 29 CONESTOGA VALLEY TOURNAMENT | 30 CONESTOGA VALLEY TOURNAMENT | 31 PRACTICE 9-11 AM |

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2016-2017 BELLEFONTE VARSITY WRESTLING CALENDAR

January 2017

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|-----|---|--|---|---|--|--|
| 1 | 2 PRACTICE 3:40-6 PM AM WORKOUT | 3 HUNTINGDON AWAY Depart @ 4:15 PM | 4 PRACTICE 3:40-6 PM AM WORKOUT | 5 BALD EAGLE AREA HOME Arrive @ 5 PM | 6 PRACTICE 3:40-6 PM | 7 BALD EAGLE DUALS AWAY TBA |
| 8 | 9 PRACTICE 3:40-6 PM AM WORKOUT | 10 PENNS VALLEY HOME Arrive @ 5 PM | 11 PRACTICE 3:40-6 PM AM WORKOUT | 12 Depart for VA DUALS @ 8 AM | 13 VIRGINIA DUALS TBA | 14 VIRGINIA DUALS TBA |
| 15 | 16 PRACTICE 3:40-6 PM | 17 CLEARFIELD HOME Arrive @ 5 PM | 18 PRACTICE 3:40-6 PM AM WORKOUT | 19 PRACTICE 3:40-6 PM AM WORKOUT | 20 PRACTICE 3:40-6 PM Jr. High Invite | 21 PRACTICE TBA Jr. High Invite |
| 22 | 23 PRACTICE 3:40-6 PM AM WORKOUT | 24 CENTRAL- MARTINSBURG AWAY Depart @ 4 PM | 25 PRACTICE 3:40-6 PM | 26 PRACTICE 3:40-6 PM AM WORKOUT | 27 PRACTICE 3:40-6 PM | 28 PRACTICE 9-11 AM |
| 29 | 30 PRACTICE 3:40-6 PM AM WORKOUT | 31 CENTRAL MOUNTAIN AWAY Depart @ 5 PM | | | | |

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2016-2017 BELLEFONTE VARSITY WRESTLING CALENDAR

February 2017

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| | | | 1 PRACTICE 3:40-6 PM | 2 PRACTICE 3:40-6 PM AM WORKOUT | 3 PRACTICE 3:40-6 PM | 4 DISTRICT 6 DUALS @ Tyrone TBA |
| 5 | 6 PRACTICE 3:40-6 PM AM WORKOUT | 7 STATE COLLEGE AWAY Depart @ 5:45 PM | 8 PRACTICE 3:40-6 PM | 9 PRACTICE 3:40-6 PM AM WORKOUT | 10 PRACTICE 3:40-6 PM | 11 PRACTICE 9-11 AM |
| 12 | 13 PRACTICE 3:40-6 PM | 14 PRACTICE 3:40-6 PM AM WORKOUT | 15 PRACTICE 3:40-6 PM | 16 PRACTICE 3:40-6 PM AM WORKOUT | 17 PRACTICE 3:40-6 PM | 18 PRACTICE 3:40-6 PM |
| 19 | 20 PRACTICE 3:40-6 PM | 21 PRACTICE 3:40-6 PM AM WORKOUT | 22 PRACTICE 3:40-6 PM | 23 PRACTICE 3:40-6 PM AM WORKOUT | 24 PRACTICE 3:40-6 PM Depart for Districts After Practice | 25 DISTRICT 6 TOURNAMENT @ Altoona TBA |
| 26 | 27 PRACTICE 3:40-6 PM | 28 PRACTICE 3:40-6 PM AM WORKOUT | | | | |

2016-2017 BELLEFONTE VARSITY WRESTLING

COACHING STAFF:

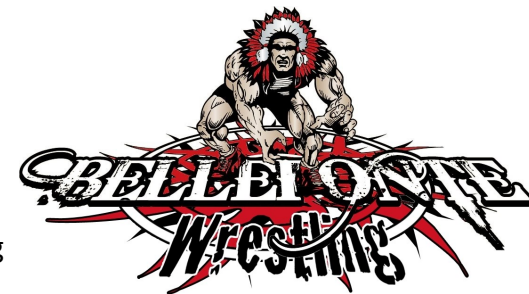
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2016-2017 BELLEFONTE VARSITY WRESTLING CALENDAR

March 2017

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| | | | 1 PRACTICE 3:40-6 PM AM WORKOUT | 2 PRACTICE 3:40-6 PM | 3 NORTHWEST REGIONAL TOURNAMENT @ Altoona | 4 NORTHWEST REGIONAL TOURNAMENT @ Altoona |
| 5 | 6 PRACTICE 3:40-6 PM | 7 PRACTICE 3:40-6 PM AM WORKOUT | 8 LEAVE FOR PIAA STATES @ 12 PM | 9 PIAA STATE TOURNAMENT @ Hershey | 10 PIAA STATE TOURNAMENT @ Hershey | 11 PIAA STATE TOURNAMENT @ Hershey |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

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