

MAY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5	6
8 Mother's Day	9	10	11	12	13
15	16	17	18	19	20
22	23	24	25	26	27
29	30 Memorial Day	31 Lifting @ Genesis 3-4 pm Open Mat 4:30-6	1	2	3 National Donut Day

Notes:

Anything Highlighted
in red is lead by
former Wabash
Wrestler Kyle Hatch

JUNE 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
29	30 Memorial Day	31	1	2 Football & Wrestling Joint lift 4-5:30 pm Open Mat 7-8 pm	3 Lifting @ Genesis 8-9 am NO OPEN MAT
5	6 Wrestling only lift: 6-7pm @Chatard	7 Lifting @ Genesis 3-4 pm Open Mat 4:30-6	8	9 Football & Wrestling Joint lift 4-5:30 pm	10 Lifting @ Genesis 8-9 am Open Mat 9:30-11
12	13 Wrestling only lift: 6-7pm @Chatard	14 Lifting @ Genesis 3-4 pm Open Mat 4:30-6	15	16 Football & Wrestling Joint lift 4-5:30 pm	17 Lifting @ Genesis 8-9 am NO OPEN MAT
19 Father's Day	20 BC Wrestling Camp 8:30-11:30 Wrestling only lift: 6-7pm @Chatard	21 BC Wrestling Camp 8:30-11:30 Lifting @ Genesis 3-4 pm	22 BC Wrestling Camp 8:30-11:30	23 BC Wrestling Camp 8:30-11:30 Football & Wrestling Joint lift 4-5:30 pm	24 Lifting @ Genesis 8-9 am Open Mat 9:30-11
26	27 Wrestling only lift: 6-7pm @Chatard	28 Lifting @ Genesis 3-4 pm Open Mat 4:30-6	29	30 Football & Wrestling Joint lift 4-5:30 pm	1

Notes:

Anything Highlighted in red is lead by former Wabash Wrestler Kyle Hatch	*Monday night lifts are subject to change depending on how many athletes are playing multiple sports and have other lifting times scheduled.
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JULY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
26	27	28	29	30	1 Lifting @ Genesis 8-9 am
3 Moratorium	4 Independence Day Moratorium	5 Moratorium	6 Moratorium	7 Moratorium	8 Moratorium
10 Wrestling only lift: 6-7pm @Chatard	11 Wrestling only lift: 6-7pm @Chatard	12 Lifting @ Genesis 3-4 pm Open Mat 4:30-6	13	14 Football & Wrestling Joint lift 4-5:30 pm Open Mat 7-8 pm	15 Lifting @ Genesis 8-9 am Open Mat 9:30-11
17 Wrestling only lift: 6-7pm @Chatard	18 Wrestling only lift: 6-7pm @Chatard	19 Lifting @ Genesis 3-4 pm Open Mat 4:30-6	20	21 Grappling on the Gridiron 7-9:30	22 Lifting @ Genesis 8-9 am
24 Moratorium	25 Moratorium	26 Moratorium	27 Moratorium	28 Moratorium	29 Moratorium

Notes:

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End of Summer Season