

# Lakeland University Wm Wres

Week #	Microcycle	Skills	Month	Competition/Date/State
Week 1	1	Gut/lace	October	October 13-17
Week 2	2	Gut/lace	October	October 20-24
Week 3	3	Review/recover	October	October 27-31
Week 4	1	Counter offense/whizzer	November	@Pointer Open   11/1   (WI)
Week 5	2	Counter offense/whizzer	November	LU   11/09   Scramble #1
Week 6	3	Counter offense/whizzer	November	@Oshkosh   11/15   (WI)
Week 7	4	Review/recover	November	Eau Claire 8-Woman Battles   11/22   (WI)
Week 8	1/B	Single/Double/Hi-C *Thanksgiving break	December	*November 24-28
Week 9	2	Review/recover Exams	December	@Carthage Classic   12/7   (WI) December 8-12
Week 10	3	Single/Double/Hi-C	December	December 15-19
Week 11	B	Winter break	December	12/16-27
Week 12	B	Winter break	December	12/16-27
Week 13	1	Gut/lace counters	January	Dec 29 – Jan 2 HS Tourney 12/30
Week 14	2	Gut/lace counters	January	January 5-9
Week 15	3	Review/recover	January	LU   1/12   Scramble #2
Week 16	1	4pt skills/FHL	January	@Elmhurst   1/18   Al Hanke Invite (IL)
Week 17	2	4pt skills/FHL	January	@Oshkosh   1/27   (WI)
Week 18	3	Review/recover	February	February 2-6
Week 19	1	Gut/lace	February	@Augustana   2/7-8   D3 (IL)
Week 20	2	Gut/lace	February	February 16-20
Week 21	3	Review/recover	February	@Adrian   Regionals   2/ 21-22   MI
Week 22	1	Review/recover	March	Feb 23-27
Week 23	2	Review/recover	March	March 2-6
		Review/recover	April	@Coralville   Nationals 3/7-8 (IA)

## Macrocycle Curriculum/Schedule