

# Porter Pride Wrestling - Feb/Mar/Apr 2025 Updated 021825

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Serious Practice makes Serious Champions! Participate to your fullest!	<b>17</b> <b>No School</b>	<b>18</b> Practice 300-430 <b>1st Practice</b> <i>Dress Appropriately</i>	<b>19</b> Practice 300-430 <b>Waiver and fees must be turned in.</b>	<b>20</b> <b>No Practice</b> Dance, Dance, Dance	<b>21</b> Practice 300-430 Run by Coach Shep	<b>Do your homework and keep your grades up.</b>
What are your season goals and what are you doing to acheive them EVERY DAY?	<b>24</b> Practice 300-430	<b>25</b> Practice 300-430	<b>26 400-600</b> <b>Wrestling @ Hellgate Building #4 vs H Gt /M Hill</b>	<b>27</b> Practice 215-330	<b>28</b> Practice 300-430	<b>Exercise at Home</b> <b>50 Pushups</b> <b>50 Sit-ups</b> <b>25 Burpees</b> <b>Each day!</b>
<b>Coaches;</b> <b>Blake Love</b> BLove@mcpsmt.org <b>406 880-8643</b>	<b>3 (March)</b> Practice 300-430	<b>4</b> Practice 300-430	<b>5</b> Practice 300-430 <b>** Set Up Concert in Gym After</b>	<b>6</b> <b>3:00 - 5:00</b> <b>Wrestling @ Porter vs Target Range</b>	<b>7</b> Practice 300-430	Proper nutrition is a must for wrestlers. Take pride in your body and your health.
Nick Shepherd Kasey Marks Scott Edge Sander Tollefson Rob Domenech	<b>10</b> Practice 300-430	<b>11</b> <b>330-500</b> <b>Wrestling @ CSP vs Corvallis</b>	<b>12</b> Practice 300-430 <b>** Set Up Concert in Gym After Practice</b>	<b>13 200-730</b> <b>Wrestling @ Frenchtown vs Dual Meet Tourney **More info to follow.**</b>	<b>14</b> No Practice	<b>March 15 Spring Break Begins</b>
<b>March 23 Spring Break Ends</b>	<b>24</b> Practice 300-430	<b>25</b> Practice 300-430	<b>26</b> Practice 300-430	<b>27 400-600</b> <b>Wrestling @ CSP vs Hellgate &amp; Washington</b>	<b>28</b> Practice 300-430	Work hard in all that you do and life will fall into place much easier and better. <b>EFFORT IS KEY</b>
<b>Additional Coaches</b>	<b>31</b> Practice 300-430	<b>1 (April)</b> Practice 300-430	<b>2 400-7:30ish</b> <b>All City @ Hellgate Elem/Middle School (End of Season)</b>	<b>3</b>	<b>4</b>	