

| <i>Sun</i>   | <i>Mon</i> | <i>Tue</i>  | <i>Wed</i>   | <i>Thu</i> | <i>Fri</i> | <i>Sat</i>                       |
|--|------------|---|--|------------|------------|----------------------------------|
| <b>October</b>   |            | <b>School Begins</b><br><br><b>Sunday</b><br><b>Sept. 28</b><br><b>1-3 pm</b> | <b>1</b><br><br><b>NLWC</b><br><b>6:30 – 8 pm</b>  | <b>2</b>   | <b>3</b>   | <b>4</b><br><br>LHU Fall Classic |
| <b>5</b><br><br><b>NLWC</b><br><b>1-3 pm</b><br><br>LHU Fall Classic | <b>6</b>   | <b>7</b>  | <b>8</b><br><br><b>NLWC</b><br><b>6:30 – 8 pm</b>  | <b>9</b>   | <b>10</b>  | <b>11</b>                        |
| <b>12</b><br><br><b>NLWC</b><br><b>1-3 pm</b>                        | <b>13</b>  | <b>14</b>   | <b>15</b><br><br><b>NLWC</b><br><b>6:30 – 8 pm</b> | <b>16</b>  | <b>17</b>  | <b>18</b>                        |
| <b>19</b><br><br><b>NLWC</b><br><b>1-3 pm</b>                        | <b>20</b>  | <b>21</b>   | <b>22</b><br><br><b>NLWC</b><br><b>6:30 – 8 pm</b> | <b>23</b>  | <b>24</b>  | <b>25</b>                        |
| <b>26</b><br><br><b>NLWC</b><br><b>1-3 pm</b>                        | <b>27</b>  | <b>28</b>   | <b>29</b><br><br><b>NLWC</b><br><b>6:30 – 8 pm</b> | <b>30</b>  | <b>31</b>  | <b>2008</b>                      |

| <i>Sun</i>  | <i>Mon</i>                               | <i>Tue</i> | <i>Wed</i>                           | <i>Thu</i>                               | <i>Fri</i>                                   | <i>Sat</i> |
|---|--|------------|--------------------------------------|--|--|------------|
| <b>November</b>   |  |            |                                      |  |  | <b>1</b>   |
| <b>2</b><br><br>NLWC<br>Time Change!<br>10 am - 12 pm<br>***<br>1 pm (H)<br>PSU<br>Wrestle-Offs           | <b>3</b>                                 | <b>4</b>   | <b>5</b><br><br>NLWC<br>6:30 – 8 pm  | <b>6</b>                                 | <b>7</b>                                     | <b>8</b>   |
| <b>9</b><br><br>NLWC<br>1 – 3 pm  | <b>10</b>                                | <b>11</b>  | <b>12</b><br><br>NLWC<br>6:30 – 8 pm | <b>13</b>                                | <b>14</b>                                    | <b>15</b>  |
| <b>16</b><br>NLWC<br>Time Change!<br>3 – 5 pm<br>***<br>PSU vs. Hofstra<br>1 pm (H)                       | <b>17</b>                                | <b>18</b>  | <b>19</b><br><br>NLWC<br>6:30 – 8 pm | <b>20</b>                                | <b>21</b><br><br>PSU vs. Cornell<br>7 pm (A) | <b>22</b>  |
| <b>23</b><br><br>NLWC<br>1 – 3 pm<br>(End of Fall)<br><br>PSU @ Binghamton<br>for Sprawl & Brawl<br>Duals | <b>24</b>                                | <b>25</b>  | <b>26</b>                            | <b>27</b><br><br>THANKSGIVING<br>HOLIDAY | <b>28</b>                                    | <b>29</b>  |
| <b>30</b><br>NLWC<br>(Winter Begins)<br><br>1 – 3 pm  | Little Lions<br>Tournament<br>(on 11/30) |            |                                      |  |  |            |

| <i>Sun</i>  | <i>Mon</i> | <i>Tue</i> | <i>Wed</i>   | <i>Thu</i>                 | <i>Fri</i> | <i>Sat</i> |
|---|------------|------------|--|----------------------------|------------|------------|
|   | <b>1</b>   | <b>2</b>   | <b>3</b><br>NLWC<br>6:30 – 8 pm<br><br>(Winter begins)       | <b>4</b>                   | <b>5</b>   | <b>6</b>   |
| <b>7</b><br>NO NLWC<br>Nittany Lion Open<br>Rec Hall                            | <b>8</b>   | <b>9</b>   | <b>10</b><br>NLWC<br>6:30 – 8 pm                             | <b>11</b>                  | <b>12</b>  | <b>13</b>  |
| <b>14</b><br>NLWC<br>Time Change!<br>3 – 5 pm<br>***<br>PSU vs. WVU<br>1 pm (H) | <b>15</b>  | <b>16</b>  | <b>17</b><br>NLWC<br>6:30 – 8 pm<br><br>(Next practice- 1/7) | <b>18</b>                  | <b>19</b>  | <b>20</b>  |
| <b>21</b>   | <b>22</b>  | <b>23</b>  | <b>24</b>  | <b>25</b><br>Christmas Day | <b>26</b>  | <b>27</b>  |
| <b>28</b>   | <b>29</b>  | <b>30</b>  | <b>31</b>  |                            |            |            |

**December**

**2008**

| <i>Sun</i>  | <i>Mon</i> | <i>Tue</i> | <i>Wed</i>   | <i>Thu</i> | <i>Fri</i>                              | <i>Sat</i>  |
|---|------------|------------|--|------------|---|---|
| <b>January</b>  |            |            |  | <b>1</b>   | <b>2</b>                                | <b>3</b>  |
| <b>4</b><br><b><u>NO NLWC</u></b><br>PSU vs. Lehigh<br>1 pm (H)<br>***<br>PSU vs. LHU<br>3 pm (H) | <b>5</b>   | <b>6</b>   | <b>7</b><br><br><b>NLWC</b><br><b>6:30 – 8 pm</b>  | <b>8</b>   | <b>9</b>                                | <b>10</b><br><br>PSU @ Iowa<br>for Nationals<br>Duals<br>(1/10-1/11)  |
| <b>11</b><br><br><b>NLWC</b><br><b>1-3 pm</b>   | <b>12</b>  | <b>13</b>  | <b>14</b><br><br><b>NLWC</b><br><b>6:30 – 8 pm</b> | <b>15</b>  | <b>16</b>                               | <b>17</b>   |
| <b>18</b><br><br><b>NLWC</b><br><b>1-3 pm</b>   | <b>19</b>  | <b>20</b>  | <b>21</b><br><br><b>NLWC</b><br><b>6:30 – 8 pm</b> | <b>22</b>  | <b>23</b><br><br>PSU vs. IN<br>7 pm (A) | <b>24</b>   |
| <b>25</b><br><br><b>NLWC</b><br><b>1-3 pm</b><br>***<br>PSU vs. Purdue<br>1 pm (A)                | <b>26</b>  | <b>27</b>  | <b>28</b><br><br><b>NLWC</b><br><b>6:30 – 8 pm</b> | <b>29</b>  | <b>30</b><br><br>PSU vs. MN<br>7 pm (H) | <b>31</b><br><br><b>McDonogh</b><br><b>Duals</b><br><b>(Maryland)</b> |

# February

| <i>Sun</i>  | <i>Mon</i> | <i>Tue</i> | <i>Wed</i>  | <i>Thu</i> | <i>Fri</i>                                    | <i>Sat</i>                          |
|---|------------|------------|---|------------|---|-------------------------------------|
| <b>1</b><br><b>NLWC</b><br><b>Time Change!</b><br><b>3 - 5pm</b><br>***<br>PSU vs. WI<br>1 pm (H)     | <b>2</b>   | <b>3</b>   | <b>4</b><br><b>NLWC</b><br><b>6:30 – 8 pm</b>                     | <b>5</b>   | <b>6</b><br>PSU vs. OSU<br>7 pm (H)           | <b>7</b>                            |
| <b>8</b><br><b>NLWC</b><br><b>4 – 5:30 pm</b><br><b>Time Change!</b><br>***<br>PSU vs. IA<br>2 pm (H) | <b>9</b>   | <b>10</b>  | <b>11</b><br><b>NLWC</b><br><b>6:30 – 8 pm</b>                    | <b>12</b>  | <b>13</b><br>PSU vs. MSU<br>7 pm (A)          | <b>14</b><br>PSU vs. MI<br>7 pm (A) |
| <b>15</b><br><b>NLWC</b><br><b>1-3 pm</b>   | <b>16</b>  | <b>17</b>  | <b>18</b><br><b>NLWC</b><br><b>6:30 – 8 pm</b>                    | <b>19</b>  | <b>20</b><br>PSU vs.<br>U of Penn<br>7 pm (H) | <b>21</b>                           |
| <b>22</b><br><b><u>NO NLWC</u></b><br><b>STATE</b><br><b>COLLEGE</b><br><b>TOURNAMENT</b>             | <b>23</b>  | <b>24</b>  | <b>25</b><br><b>NLWC</b><br><b>6:30 – 8 pm</b><br>(End of Winter) | <b>26</b>  | <b>27</b><br>PIAA States                      | <b>28</b><br>PIAA States            |

# March

| <i>Sun</i>  | <i>Mon</i> | <i>Tue</i> | <i>Wed</i>                       | <i>Thu</i>                                 | <i>Fri</i>                                 | <i>Sat</i>  |
|---|------------|------------|----------------------------------|--|--|---|
| <b>1</b><br>NLWC<br>1-3 pm<br>(Spring Begins)       | <b>2</b>   | <b>3</b>   | <b>4</b><br>NLWC<br>6:30 – 8 pm  | <b>5</b><br>PIAA States<br>(Hershey)       | <b>6</b><br>PIAA States<br>(Hershey)       | <b>7</b><br>BIG 10s @<br>BJCenter<br><br>PIAA States<br>(Hershey) |
| <b>8</b><br><u>NO NLWC</u><br>BIG 10s @<br>BJCenter | <b>9</b>   | <b>10</b>  | <b>11</b><br>NLWC<br>6:30 – 8 pm | <b>12</b>                                  | <b>13</b>                                  | <b>14</b>   |
| <b>15</b><br>NLWC<br>1-3 pm                         | <b>16</b>  | <b>17</b>  | <b>18</b><br>NO NLWC             | <b>19</b><br>NCAA Nationals<br>(St. Louis) | <b>20</b><br>NCAA Nationals<br>(St. Louis) | <b>21</b><br>NCAA Nationals<br>(St. Louis)                        |
| <b>22</b><br>NLWC<br>1-3 pm                         | <b>23</b>  | <b>24</b>  | <b>25</b><br>NLWC<br>6:30 – 8 pm | <b>26</b>                                  | <b>27</b>                                  | <b>28</b><br>Lewistown<br>Tournament                              |
| <b>29</b><br>NLWC<br>1-3 pm                         | <b>30</b>  | <b>31</b>  |                                  |  |  |   |

2009

| <i>Sun</i>                       | <i>Mon</i> | <i>Tue</i> | <i>Wed</i>  | <i>Thu</i> | <i>Fri</i>  | <i>Sat</i>                                      |
|----------------------------------|------------|------------|---|------------|-------------|---|
| <b>April</b>                     |            |            | <b>1</b><br>NLWC<br>6:30 – 8 pm                     | <b>2</b>   | <b>3</b>    | <b>4</b>  |
| <b>5</b><br>NLWC<br>1-3 pm       | <b>6</b>   | <b>7</b>   | <b>8</b><br>NLWC<br>6:30 – 8 pm                     | <b>9</b>   | <b>10</b>   | <b>11</b>                                       |
| <b>12</b><br>EASTER<br>(No NLWC) | <b>13</b>  | <b>14</b>  | <b>15</b><br>NLWC<br>6:30 – 8 pm                    | <b>16</b>  | <b>17</b>   | <b>18</b>                                       |
| <b>19</b><br>NLWC<br>1-3 pm      | <b>20</b>  | <b>21</b>  | <b>22</b><br>NLWC<br>6:30 – 8 pm                    | <b>23</b>  | <b>24</b>   | <b>25</b><br>Ohio<br>Tournament of<br>Champions |
| <b>26</b><br>NLWC<br>1-3 pm      | <b>27</b>  | <b>28</b>  | <b>29</b><br>NLWC<br>6:30 – 8 pm<br>(End of Spring) | <b>30</b>  | <b>2009</b> |   |