


Salem Vipers Wrestling

Practice Dates – Salem Hills High School

6:00 – 7:30 p.m.

January

Tuesday	Wednesday	Thursday	
No Practice	No Practice	8 th	
13 th	14 th	15 th	
20 th	No Practice	No Practice	
27 th	No Practice	29 th	

February

Tuesday	Wednesday	Thursday
3rd	4th	5 th
10th	11th	12 th
17th	No Practice	19 th
24th	25 th	26 th

March

Tuesday	Wednesday	Thursday
3rd	4th	5 th
10 th	11 th	12 th
17th	18th	19 th Last practice