2025 Jr. Wrestling Practices

Tuesday & Thursdays			
Time	Location	Age	Coach
5:30-6:30	Spanish Fork High	PreK & K-1st	Hopkins
6:30-7:30	Spanish Fork High	2nd - 3rd	Murphy
7:30-8:30	Spanish Fork High	2nd - 3rd	Shepherd
8:30-9:30	Spanish Fork High		
5:30-6:30	Spanish Fork Jr. High		
6:30-7:30	Spanish Fork Jr. High	Pre K	Hansen
7:30-8:30	Spanish Fork Jr. High	4th - 7th	Brooks
8:30-9:30	Spanish Fork Jr. High	4th - 7th	Neilson
5:30-6:30	Diamond Fork Middle	K-1st	Youd
6:30-7:30	Diamond Fork Middle	K-1st	Lewis
7:30-8:30	Diamond Fork Middle	K-1st	Carter
8:30-9:30	Diamond Fork Middle		

***NO Practices Oct 16th due to Fall Break

***SFJH will NOT be available for practice on Thursday, October 23rd

***No practices the week of Thanksgiving

