

Lakeland University Wm Wres Macrocycle Curriculum/Schedule

Week #	W.V.A.D	Skills	Month	Competition/Date/State
Week 1	1	Gut/lace	October	
Week 2	2	Gut/lace	October	
Week 3	3	Review/recover	October	
Week 4	R4W	Counter offense/whizzer	November	Nov 5 Pointer Open WI
Week 5	R4W	Counter offense/whizzer	November	Nov 12, 13 Adrian Duals, Invite MI
Week 6	3		November	
Week 7	1W	Thanksgiving break	November	Thanksgiving break Nov 23-27
Week 8	1	Single/Doubler/Hi-C	December	Dec 2 Carthage Duals WI
Week 9	2	Single/Doubler/Hi-C	December	
Week 10	3W	Review/recover Finals Week	December	Dec 11 NCC IL
Week 11	B	Winter break	December	Winter break Dec 17-26
Week 12	1	Gut/lace counters	December	
Week 13	2W	Gut/lace counters	January	Jan 7 NMU Scramble MI
Week 14	3W	Review/recover	January	Jan 15 LU Scramble WI
Week 15	1	4pt skills/FHL	January	
Week 16	2	4pt skills/FHL	January	
Week 17	3W	4pt skills/FHL	February	Jan 29 CCIW Conf. NCC IL
Week 18	4	Review/recover	February	
Week 19	1	Gut/lace	February	Feb 17, 18 Regional UWSP WI
Week 20	2	Gut/lace	March	
Week 21	3	Review/recover	March	Mar 3, 4 Nationals Iowa