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## Coaches Corner: Week One

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**Date** Mon 11/24/2025 8:27 PM

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Tuesday, November 25, 2025 · 1 min read

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# Week One





## **Knights vs Clear Springs Chargers**

We open our season at the Castle this evening.

All wrestlers should plan to attend. Attendance will be taken at the end of the dual.

Here is the plan for today:

Wrestlers will begin setting up the gym during the athletic periods.

There will be practice after school from 2:35 - 4:00

4:00p Weigh-In vs Clear Springs

5:00p JV matches scheduled to begin

6:00p Tentative warm-up for varsity (pending completion of JV matches)

6:20p Announce Starting Lineups for Falls vs Springs

6:30p Beat Springs!

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## **Opening Week**

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