




Capital City Bona Fide

WRESTLING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOVEMBER	2 CCW - Rouse High 6:00 – 7:30pm	3	4 CCW – Round Rock 6:00 – 7:30pm <i>NO practice for TOTS</i>	5 CCW - Rouse High 6:00 – 7:30pm	6 CCW – Round Rock 5:00 – 6:30pm	7
8 CCW – Round Rock 2:00pm - Tots 2:30pm – over 7yrs	9 CCW - Rouse High 6:00 – 7:30pm	10	11 CCW – Round Rock 6:00 – 7:30pm <i>NO practice for TOTS</i>	12 CCW - Rouse High 6:00 – 7:30pm	13 CCW – Round Rock 5:00 – 6:30pm	14
15 CCW – Round Rock 2:00pm - Tots 2:30pm – over 7yrs	16 CCW - Rouse High 6:00 – 7:30pm	17	18 CCW – Round Rock 6:00 – 7:30pm <i>NO practice for TOTS</i>	19 CCW - Rouse High 6:00 – 7:30pm	20 CCW – Round Rock 5:00 – 6:30pm	
22 CCW – Round Rock 2:00pm - Tots 2:30pm – over 7yrs	23 CCW - Rouse High 6:00 – 7:30pm	24	25 CCW – Round Rock 6:00 – 7:30pm <i>NO practice for TOTS</i>	26 Thanksgiving Day 5K TURKEY TROT 8 AM - Old Settlers Park Round Rock	27 <i>NO CCW Practice</i> 	Panhandle Nat'l Tournament - Amarillo
29 CCW – Round Rock 2:00pm - Tots 2:30pm – over 7yrs	30 CCW - Rouse High 6:00 – 7:30pm <i>*T-Shirt Orders Due*</i>	December	2 CCW – Round Rock 6:00 – 7:30pm <i>NO practice for TOTS</i>	3 CCW - Rouse High 6:00 – 7:30pm	4 <i>NO CCW Practice</i>	San Antonio Tournament of Champions

NOTE: Friday and Sunday practices TBD (subject to change due to Tournaments)

6 DECEMBER <i>No CCW Practice</i>	7 CCW - Rouse High 6:00 – 7:30pm	8	9 CCW – Round Rock 6:00 – 7:30pm	10 CCW - Rouse High 6:00 – 7:30pm	11 <i>No CCW Practice</i>	12 Hill County Classic Cedar Park
13 <i>No CCW Practice</i>	14 CCW - Rouse High 6:00 – 7:30pm	15	16 CCW – Round Rock 6:00 – 7:30pm	17 CCW - Rouse High 6:00 – 7:30pm	18 <i>No CCW Practice</i>	19 Sun City Nat'l (El Paso) Austin Pre- Holiday
20 CCW – Round Rock 2:00pm - Tots 2:30pm – over 7yrs	21 CCW – Round Rock 5:30pm – TOTS 6:00pm – over 7yrs	22	23 CCW – Round Rock 6:00 – 7:30pm	24 CCW - Rouse High <i>NO Practice</i>	25 	26 Christmas Holiday
27	28 CCW – Round Rock 5:30pm – TOTS 6:00pm – over 7yrs	29	30 CCW – Round Rock 6:00 – 7:30pm	31 CCW - Rouse High <i>NO Practice</i>	January 	2

Capital City Bona Fide

WRESTLING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JANUARY	4	5	6	7	8	9
CCW – Round Rock 2:00pm - Tots 2:30pm – over 7yrs	CCW - Rouse High 6:00 – 7:30pm		CCW – Round Rock 6:00 – 7:30pm	CCW - Rouse High 6:00 – 7:30pm	CCW – Round Rock 5:00 – 6:30pm	Dollamur Cotton Bowl - Frisco
10 No CCW Practice	11 CCW - Rouse High 6:00 – 7:30pm	12	13 CCW – Round Rock 6:00 – 7:30pm	14 CCW - Rouse High 6:00 – 7:30pm	15 CCW – Round Rock 5:00 – 6:30pm	16 San Antonio Lions Classic
17 CCW – Round Rock 2:00pm - Tots 2:30pm – over 7yrs	18 CCW - Rouse High NO Practice	19	20 CCW – Round Rock 6:00 – 7:30pm	21 CCW - Rouse High 6:00 – 7:30pm	22 No CCW Practice	23 Houston Nat'l/ Novice State - Katy
24 No CCW Practice	25 CCW - Rouse High 6:00 – 7:30pm	26	27 CCW – Round Rock 6:00 – 7:30pm	28 CCW - Rouse High 6:00 – 7:30pm	29 CCW – Round Rock 5:00 – 6:30pm	30 Central Region Classic - Leander

NOTE: Friday and Sunday practices TBD (subject to change due to Tournaments)

FEBRUARY	1	2	3	4	5	6
CCW – Round Rock 2:00pm - Tots 2:30pm – over 7yrs	CCW - Rouse High NO Practice		CCW – Round Rock 6:00 – 7:30pm	CCW - Rouse High 6:00 – 7:30pm	CCW – Round Rock 5:00 – 6:30pm	South Central Regionals - Elgin
7 CCW – Round Rock 2:00pm - Tots 2:30pm – over 7yrs	8 CCW - Rouse High 6:00 – 7:30pm	9	10 CCW – Round Rock 6:00 – 7:30pm	11 CCW - Rouse High 6:00 – 7:30pm	12 CCW – Round Rock 5:00 – 6:30pm	13
14 CCW – Round Rock 2:00pm - Tots 2:30pm – over 7yrs	15 CCW - Rouse High 6:00 – 7:30pm	16	17 CCW – Round Rock 6:00 – 7:30pm	18 CCW - Rouse High 6:00 – 7:30pm	19 CCW – Round Rock 5:00 – 6:30pm	20 Texas State - OPEN
21 Texas State – Rookie	22	23	24	25	26	27