



ESTABLISHED 1974
LAKE HOWELL
WRESTLING



2018 Schedule 2019

<u>Date</u>	<u>Day</u>	<u>Opponent/Event</u>	<u>Location</u>	<u>Weigh-in</u>	<u>Start</u>
11/13	Tues	Mandatory Parent Meeting	LHHS		6:30 PM
11/28	Wed	Blue/Silver Inter-squad Dual	LHHS		6 PM
12/5	Wed	Wekiva Quad	Wekiva HS		
12/7 & 12/8	Fri/Sat	Battle For the Blacktop Tournament	Masters Academy	1 PM/ 8 AM	3 PM/ 10 AM
12/11	Tues	Ocoee Dual	Lake Howell	5:30	6:30
12/14 & 12/15	Fri/Sat	Rouse Invitational Duals	Hagerty	8 AM	9 AM
12/21 & 12/22	Fri/Sat	Harmony Christmas Duals	Harmony HS	1 PM/9 AM	3 PM/ 9 AM
1/4 & 1/5	Fri/Sat	Tournament of Champions	Lake Mary HS	12 PM/ 8 AM	1:30 PM/ 9 AM
1/12	Sat	3A Region 1 District 3 Duals	Winter Springs HS	8 AM	9 AM
1/19	Sat	Oviedo Duals	Oviedo HS	8 AM	9 AM
2/1 & 2/2	Fri/Sat	Flagler Rotary Tournament	Flagler Palm Coast HS	1 PM/3 PM	8 AM/10 AM
1/30	Wed.	Atlantic Dual	Atlantic HS (Port Orange)	5:30	6:30
2/7	Thurs	Colonial Dual	Lake Howell HS	5:30	6:30
2/8 & 2/9	(JV) Fri (V) Sat	JV/Varsity SAC	Hagerty HS		
2/23	Fri	3A Region 1 District 3 IBT	TBD		
3/1 & 3/2	Fri/Sat	3A Region 1 IBT	TBD	10 AM & 8 AM	12 PM & 10 AM
3/8-3/9	Fri/Sat	3A State IBT	Silver Spurs Arena	8 AM	10 AM & 9:30 AM

Principal: Mike Kotkin
Athletic Director: Danya Harris
Head Coach: Eric Poyner
Assistant Varsity: Shaun Lorenzano
Assistant Varsity: TBD
Follow us on our social media outlets:
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