First Day of Practice: Nov 9
Thanksgiving Moratorium Nov 26-29

December
3rd – **Wasatch @ SF**
4th – 5th Skyhawk Showdown @ Salem Hills
8th – **Maple Mountain @ SF**
10th – SF @ Uintah
11th – 12th Desert Duels @ Desert Hills
17th – **Battle of the Forks @ SF**
18th – 19th Viewmont Invitational
23rd – 27th Christmas Moratorium

January
1st – New Year Moratorium
7th – **Payson @ SF**
8th – 9th Herriman Duels @ Herriman High
14th – SF @ Springville
15th – 16th The Rumble @ UVU (Varsity Only)
21st – SF @ Salem Hills
22nd – 23rd – Battle at the Pound @ Gunnison

February
3rd – 4th Divisional Qualifier @ TBA
10th-11th State Championship @ UVU

Contact For Wrestling: Kip.Spencer@Nebo.Edu
Coach: Kip Spencer
Assistant Coaches: Brandon Denboer, Travis Shepherd, Jason Warner,