

2024 Jr. Wrestling Practices

Tuesday & Thursdays			
Time	Location	Age	Coach
5:30-6:30	Spanish Fork High	K-1st	Derek Youd
6:30-7:30	Spanish Fork High	Pre K/4-7th	Jasen Warner & JD Shepherd
7:30-8:30	Spanish Fork High	2nd - 3rd	Easton Branin
8:30-9:30	Spanish Fork High		
5:30-6:30	Spanish Fork Jr. High	K-1st	Justin Whatcott & Jared Murphy
6:30-7:30	Spanish Fork Jr. High	2nd - 3rd	Todd Pyne
7:30-8:30	Spanish Fork Jr. High	4th - 7th	Justin Brooks
8:30-9:30	Spanish Fork Jr. High		
5:30-6:30	Diamond Fork Middle	K-1st	Colton Hopkinson
6:30-7:30	Diamond Fork Middle	PreK	Aaron Lewis
7:30-8:30	Diamond Fork Middle	4th - 7th	Jordan Ellett
8:30-9:30	Diamond Fork Middle		

***SFJH will NOT be available for practice on Thursday, October 24th
 ***DFMS will NOT be available for practice on Thursday, November 21st

