

PRACTICE SCHEDULE | SOHI ATHLETICS

Monday	Tuesday	Wednesday	Thursday	Friday
12/3	12/4	12/5	12/6	12/7
Wrestling Practice (SOPREP) <ul style="list-style-type: none"> • 3:00-5:00 pm Nordic Ski Practice (SOHI) <ul style="list-style-type: none"> • 2:45-5:00 pm Hockey Practice (SRSC) <ul style="list-style-type: none"> • 4:00-5:15 pm Girls Basketball <ul style="list-style-type: none"> • JV/C Practice (SOPREP) <ul style="list-style-type: none"> ○ 2:45-4:45 pm • Varsity Practice (SOHI) <ul style="list-style-type: none"> ○ 5:00-7:30 pm Boys Basketball <ul style="list-style-type: none"> • Varsity Practice (SOHI) <ul style="list-style-type: none"> ○ 2:40-5:00 pm • JV/C Practice (SOPREP) <ul style="list-style-type: none"> ○ 4:45-6:45 pm 	Wrestling Practice (SOPREP) <ul style="list-style-type: none"> • 3:00-5:00 pm Nordic Ski Practice (SOHI) <ul style="list-style-type: none"> • 2:45-5:00 pm Girls Basketball <ul style="list-style-type: none"> • JV/C Practice (SOPREP) <ul style="list-style-type: none"> ○ 2:45-4:45 pm • Varsity Practice (SOHI) <ul style="list-style-type: none"> ○ 6:15-7:15 am ○ 5:00-7:00 pm Boys Basketball <ul style="list-style-type: none"> • Varsity Practice (SOHI) <ul style="list-style-type: none"> ○ 2:40-5:00 pm • JV/C Practice (SOPREP) <ul style="list-style-type: none"> ○ 4:45-6:45 pm 	Wrestling Practice (SOPREP) <ul style="list-style-type: none"> • 3:00-5:00 pm Nordic Ski Practice (SOHI) <ul style="list-style-type: none"> • 2:45-5:00 pm Hockey Practice (SRSC) <ul style="list-style-type: none"> • 4:00-5:15 pm Girls Basketball <ul style="list-style-type: none"> • JV/C Practice (SOPREP) <ul style="list-style-type: none"> ○ 2:45-4:45 pm • Varsity Practice (SOHI) <ul style="list-style-type: none"> ○ 6:15-7:15 am ○ 5:00-7:00 pm Boys Basketball <ul style="list-style-type: none"> • Varsity Practice (SOHI) <ul style="list-style-type: none"> ○ 2:40-5:00 pm • JV/C Practice (SOPREP) <ul style="list-style-type: none"> ○ 4:45-6:45 pm 	Wrestling Practice (SOPREP) <ul style="list-style-type: none"> • 3:00-5:00 pm Nordic Ski Practice (SOHI) <ul style="list-style-type: none"> • 2:45-5:00 pm Girls Basketball <ul style="list-style-type: none"> • JV/C Practice (SOPREP) <ul style="list-style-type: none"> ○ 2:45-4:45 pm • Varsity Practice (SOHI) <ul style="list-style-type: none"> ○ 6:15-7:15 am ○ 5:00-7:00 pm Boys Basketball <ul style="list-style-type: none"> • Varsity Practice (SOHI) <ul style="list-style-type: none"> ○ 2:40-5:00 pm • JV/C Practice (SOPREP) <ul style="list-style-type: none"> ○ 4:45-6:45 pm 	Girls Basketball <ul style="list-style-type: none"> • JV/C Practice (SOPREP) <ul style="list-style-type: none"> ○ 2:45-4:45 pm • Varsity Practice (SOHI) <ul style="list-style-type: none"> ○ 6:15-7:15 am ○ 5:00-7:00 pm Boys Basketball <ul style="list-style-type: none"> • Varsity Practice (SOHI) <ul style="list-style-type: none"> ○ 2:40-5:00 pm • JV/C Practice (SOPREP) <ul style="list-style-type: none"> ○ 4:45-6:45 pm

EVENTS

WRESTLING

- @ NLC Championships (Palmer)
- Friday, December 7th
 - Weigh-ins – 1:00 pm
 - Wrestling starts at 2:00 pm
 - Saturday, December 8th
 - Weigh-ins – 9:00 am
 - Wrestling starts at 10:00 am

BASKETBALL

No games scheduled

HOCKEY

- JV @ Homer
- Tuesday, December 4th
 - Puck drops at 4:00 pm
- V @ Big Lake Lions Classic (Houston)
- Thursday, December 6th
 - SOHI vs Wasilla (2:00 pm)
 - Friday-Saturday, December 7-8th
 - Game times and opponents to be determined

NORDIC SKI

- @ Dimond Lynx Loppet (Anchorage)
- Friday, December 7th
 - Classic style – 12:00 pm
 - Saturday, December 8th
 - Freestyle – 11:00 am



SOHI ATHLETICS | RESULTS & HIGHLIGHTS



WRESTLING

vs Homer (Dual – 11/27)

- Defeated Homer 47-32
- Top performers
 - Brennan Werner – pin at 189 lbs
 - Brayde Wolfe – pin at 145 lbs
 - Sean Babitt – pin at 171 lbs
 - Gideon Hutchison – pin at 130 lbs
 - Vydell Baker – pin at 130 lbs

@ Grace Grizzly Grappler (12/1)

- Finished 3rd in the team standings
- Top performers:
 - Hunter Secor – 1st at 112 lbs
 - Gideon Hutchison – 1st at 130 lbs
 - Aaron Faletoi – 1st at 215 lbs
 - Vydell Baker – 1st at 130 lbs

HOCKEY

All games were cancelled last week due to the earthquake.

Season Record

- 1 W – 4 L – 1 T (0-0 in conference)

NORDIC SKI

No events scheduled last week.

BASKETBALL

No games scheduled last week.

STARS IN THE NEWS

- ❖ Dani McCormick finished in 45th place at the NCAA Division II Cross Country National Championships on Saturday in Pittsburgh, Pennsylvania. Dani's performance helped the UAA women finish 6th in the team standings.
- ❖ The Soldotna girls' basketball program will be hosting their 5th annual Holiday Luau at Soldotna High School on Saturday, December 8th. Doors open at 6:00 pm and performances will run until 8:00 pm. Tickets are being presold by players but can also be purchased at the door (\$20 for adults; \$10 for children 12 and under). A silent auction will also be held during the event; it will include items from local businesses and fresh baked goods from the Lady Stars' families.