

Freshmen Wrestling Schedule

November 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bring wrestling and running shoes to every practice, match, and tournament. **Practice times can change throughout the season**		JV= JUNIOR VARSITY FS= FROSH SOPH F=Frosh L= LIFT C=CARDIO/RUN M=MAT				
	10 B Meeting in Wrestling Room 3pm	11 Off	12 A L/C 3:00-4:00 M: 4:00-6:00 Body Fat Test @ 3:00pm Make-up Parent meeting 6:30pm	13 B M: 3:00-4:30 L/C: 4:30-5:30	14 A L/C 3:00-4:00 M: 4:00-6:00	15 Off
16	17 B M: 3:00-4:30 L/C: 4:30-5:30	18 A M: 3:00-4:30 L/C 4:30-5:30	19 B M: 3:00- 4:30 L/C: 4:30- 5:30	20 A L/C 3:00-4:00 M: 4:00-6:00	21 B M: 3:00-4:30 L/C: 4:30-5:30	22 OFF
23	24 Break M: 3:00-4:30pm L/C: 4:30- 5:30pm Stay for Blue vs Gold Match	25 Break L/C : 3:00- 4:00pm M: 4:00-5:30pm	26 Break M: 7:30-9:00am L/C: 9:00-10:00am	27 Holiday Thanksgiving No Practice	28 Break M: 4:00-5:30pm L/C: 5:30-6:30	29 Ian Dykstra Memorial FS JV at Hemet Arrive @ 6:00am Depart @ 6:15 am
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December 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 A L/C 3:00-4:00 M: 4:00-5:30	2 B M: 3:00-4:30 L/C: 4:30-5:30	3 A Duals @ VMHS M: 3:00-4:30 L/C: 4:30-5:30 Stay for Varsity Duals	4 B M: 3:00-4:30pm L/C: 4:30-5:30	5 A M: 3:00-4:30 L/C: 4:30-5:30	6 Temecula Valley Tournament F/JV Arrive @ 6:00am Depart @ 6:15am
7	8 B L/C 3:00-4:00pm M: 4:00-5:30pm	9 A Elsinore Dual @EHS Weight Check 7:00am Meet after school Depart @ 3:15pm	10 B L/C: 3:00-4:00 M: 4:00-5:30	11 A M: 3:00-4:30pm L/C: 4:30-5:30	12 B M: 3:00-4:30pm L/C: 4:30-5:30	13 Lakeside Duals Arrive @ 6:15am Depart @ 6:30am
14	15 A L/C: 3:00-4:00 M: 4:00-5:30	16 B M: 3:00-4:30 L/C: 4:30-5:30	17 B M: 3:00- 4:30 L/C: 4:30- 5:30	18 A M: 3:00-4:30 L/C: 4:30-5:30	19 B M: 3:00-4:30 L/C: 4:30-5:30 Tournament Set-up 8:15pm	20 Bronco Varsity Duals ALL wrestlers work Arrive @ 6:00am
21	22 Break L/C : 3:00- 4:00pm M: 4:00-5:30pm	23 Break L/C : 3:00- 4:00pm M: 4:00-5:30pm	24 Break M: 7:30-9:00am L/C: 9:00-10:00am	25 Holiday Off	26 Break OFF	27 Break OFF
28	29 Break L/C 3:00-4:00 M: 4:00-5:30	30 Break L/C 3:00-4:00 M: 4:00-5:30	31 Break M: 8:00-9:30am L/C: 9:30-10:30am			

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January 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Holiday L/C 4:00-5:00pm M: 5:00-6:30pm	2 Break M: 4:30-6:00pm L/C: 6:00-7:00pm Tournament Set-up @ 8:00pm	3 Frosh/Soph Bronco Duel All Levels Work Arrive @ 6:45am Weight in @ 7:00am
4	5 Break L/C: 3:00-4:00pm M: 4:00-5:30pm	6 Break L/C: 3:00-4:00pm M: 4:00-5:30pm	7 Break L/C: 3:00-4:00pm M: 4:00-5:30pm	8 Break Great Oak Dual Weight Check 9:00am Arrive @ 3:15pm Depart @ 3:30pp	9 Break L/C: 3:00-4:00pm M: 4:00-5:30pm	10 San Clemente Tournament Arrive @ 5:45am Depart @ 6:00am
11	12 No School M: 3:00-4:30pm L/C: 4:30-5:30pm	13 C M: 3:00-4:30pm L/C: 4:30-5:30pm	14 B M: 3:00- 4:30pm L/C: 4:30- 5:30pm	15 Murrieta Valley Dual Arrive right after school Depart @ 3:30pm	16 B M: 3:00-4:30pm L/C: 4:30-5:30pm	17 Citrus Hill Frosh/Soph Championships Arrive @ 5:45am Depart @ 6:00am
18	19 Holiday L/C : 9:30-10:30am M: 10:30am-12:00pm	20 C M: 3:00- 4:30pm L/C: 4:30-5:30pm	21 M: 3:00-4:30pm L/C: 4:30-5:30pm	22 Murrieta Mesa Dual Arrive right after school Depart @ 3:30pm	23 M: 3:00-4:30pm L/C: 4:30-5:30pm	24 La Costa Canyon Frosh Champ Arrive @ 5:45am Depart @ 6:00am
25	26 L/C: 3:00-4:00pm M: 4:00-5:30pm	27 M: 3:00-4:30pm L/C: 4:30-5:30pm	28 M: 3:00-4:30pm L/C: 4:30-5:30pm	29 Chaparral Dual Arrive right after school Depart @ 4:00pm	30 L/C: 3:00-4:00pm M: 4:00-5:30pm	31 OFF

Freshmen Wrestling Schedule

February 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 B M: 3:00-4:30pm L/C: 4:30-5:30pm	3 A Temecula Valley Dual Arrive right after school Depart @ 3:30pm	4 B M: 3:00-4:30pm L/C: 4:30-5:30pm	5 A L/C: 3:00-4:00pm M: 4:00-5:30pm	6 B M: 3:00-4:30pm L/C: 4:30-5:30pm	7 OFF
8	9 A L/C: 3:00-4:00pm M: 4:00-5:30pm	10 B M: 3:00-4:30pm L/C: 4:30-5:30pm	11 A L/C: 3:00-4:00pm M: 4:00-5:30pm	12 B M: 3:00-4:30pm L/C: 4:30-5:30pm	13 Holiday L/C: 3:00-4:00pm M: 4:00-5:30pm	14 League Finals @ TV Arrive @ 6:15am Depart @ 6:30am