

November

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			All practice times subject to change due to several circumstances	F=Frosh FS=Frosh/Soph JV=Junior Varsity LC=Lift/Cardio M=Mat	Bring running shoes and wrestling shoes to every practice	Make-up Hydration TBA
10	11 Holiday No Practice	12 B Season Starts M 3-530	13 A LC 3-345 M 345-530	14 B M 3-430 LC 430-530	15 A LC 3-345 M 345-530	16
17	18 B M 3-430 LC 430-530	19 A M 3-430 LC 430-530	20 B M 3-430 LC 430-530	21 A LC 3-345 M 345-530	22 B M 3-430 LC 430-530	23 All levels Scrimmage at Lakeside Depart 715a
24	25 Holiday Blue and Gold Match All levels arrive 545 Match start time 700	26 Holiday M 3-430 LC 430-530	27 Holiday M 3-430 LC 430-530	28 Holiday Off	29 Holiday M 3-430 LC 430-530	30 FS Ian Dykstra Memorial at Temescal Canyon Depart 615a JV Hemet

December

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1	2 A LC 3-345 M 345-530	3 B M 3-430 LC 415-530	4 A LC 3-345 M 345-530	5 B M 3-430 LC 430-530	6 A M 3-430 LC 430-530	7 F/JV Temecula Valley Duals Depart 615a
8	9 B M 3-430 LC 430-530	10 Home A All Levels Elsinore Dual Weight Check 7a F/JV 500	11 B M 3-430 LC 430-530	12 A LC 3-345 M 345-530	13 B M 3-430 LC 430-530 All Levels Set up 815	14 Home Varsity Duals All levels work Tourney Arrive 6a
15	16 A LC 3-345 M 345-530	17 B M 3-430 LC 430-530	18 Finals LC 2-3 M 3-430	19 Finals LC 2-3 M 3-430	20 Finals LC 2-3 M 3-430	21
22	23 Break M 3-430 LC 430-530	24 Break LC 930-1030 M 1030-12	25 Break Off	26 Break M 4-530 LC 530-6	27 Break M 3-430 LC 430-530	28
29	30 Break M 3-430 LC 430-530	31 Break LC 930-1030 M 1030-12				

January

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			1 Break M 2-3 LC 3-4	2 Break M 3-430 LC 430-530	3 Break M 3-430 LC 430-530 All levels tourney set up 800	4 Home VMHS FS Duals All Levels Work Tourney Arrive 600a
5	6 Break M 3-430 LC 430-530	7 Break M 3-430 LC 430-530	8 Break Home Temecula Valley Dual Weight Check 900a Starts at 500	9 Break M 3-430 LC 430-530	10 Break M 3-430 LC 430-530	11 FS Nogales Super Huge Depart 600a JV REV 10 Way Depart 615a
12	13 Staff prep day M 3-430 LC 430-530	14 C M 3-415 LC 415-530	15 B Great Oak Dual at GO Weight Check 700a Starts at 500	16 A LC 3-345 M 345-530	17 B M 3-415 LC 415-530	18 FS Citrus Hill Champ Depart 715a JV Lakeside Indiv. Depart 615a
19	20 Holiday M 3-430 LC 430-530	21 A LC 3-345 M 345-530	22 B Home Murrieta Valley Dual Weight Check 700a Starts at 500	23 A LC 3-345 M 345-530	24 B M 3-430 LC 430-530	25 F So Cal Champ. at La Costa Canyon Depart 600a
26	27 A LC 3-345 M 345-530	28 B M 3-415 LC 415-530	29 A Home Murrieta Mesa Dual Dinner Dual Weight Check 700a	30 B M 3-430 LC 430-530	31 A LC 3-345 M 345-530	

February

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						1 JV Yucaipa Individ. Depart 615a
2	3 B M 3-430 LC 430-530	4 A LC 3-345 M 345-430	5 B Chaparral Dual at Chap Weight Check 700a Starts at 500	6 A LC 3-345 M 345-530	7 B M 3-430 LC 430-530	8
9	10 A LC 3-345 M 345-530	11 B M 3-415 LC 415-530	12 A LC 3-345 M 345-530	13 B M 3-430 LC 430-530	14 Holiday M 3-430 LC 430-530	15 All levels League Finals at Murrieta Valley Depart 630a