

# Freshmen Wrestling Schedule

November 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bring wrestling and running shoes to every practice, match, and tournament.			JV = Junior Varsity F = Frosh FS = Frosh/Soph	*All practice times are subject to change.		7
8	9 B day	10 A day 3:00 – 6:00 pm	11 No School Hydration Test 10 am Practice: 11:00 am- 2:00 pm	12 B 3:00 – 6:00 pm	13 A 3:00 – 6:00 pm	14
15	16 B 3:00 – 6:00 pm	17 A 3:00 – 6:00 pm	18 B 3:00 – 6:00 pm	19 A 3:00 – 6:00 pm	20 B 3:00 – 6:00 pm	21
22	23 BREAK 3:00 – 5:30 P.M. Blue vs. Gold Match 6:00 – 9:00 pm	24 BREAK 3:00 – 6:00 pm	25 BREAK 10:00 am- 1:00 pm	26 BREAK NO PRACTICE	27 BREAK 4:00 - 6:30 pm	28 FS @ Temescal Canyon JV @ Hemet
29	30 A 3:00 – 6:00 pm					

# Freshmen Wrestling Schedule

December 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 B HOME Dual vs Santiago <b>Meet after school</b> <b>Wrestle @ 5pm</b>	2 A 3:00 – 6:00 pm	3 B 3:00 – 6:00 pm	4 A 3:00 – 6:00 pm	5 F/JV @ Poway
6	7 B 3:00 – 6:00 pm	8 A HOME Dual vs Elsinore <b>Meet after school</b> <b>Wrestle at 5pm</b>	9 B 3:00 – 6:00 pm	10 A 3:00 – 6:00 pm	11 B 3:00 – 6:00 pm	12 F/S @ Yorba Linda
13	14 C 3:00 – 6:00 pm	15 C 3:00 – 6:00 pm	16 FINALS 3:00 – 6:00 pm	17 FINALS 3:00 – 6:00 pm	18 FINALS 3:00 – 5:30 pm <b>Meet @ 8:30 –</b> <b>Tournament Set-</b> <b>up</b>	19 HOME Bronco Duals Varsity  <b>All Wrestlers</b> <b>Work</b> <b>Tournament</b>
20	21 BREAK 3:00 – 6:00 pm	22 BREAK 3:00 – 6:00 pm	23 BREAK 3:00 – 6:00 pm	24 BREAK 7:00 – 10:00 am	25 BREAK NO PRACTICE	26 BREAK
27 BREAK	28 BREAK 3:00 – 6:00 pm	29 BREAK 3:00 – 6:00 pm	30 BREAK 3:00 – 6:00 pm	31 BREAK 8:00 – 11:00 am		

# Freshmen Wrestling Schedule

# January 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 BREAK 4:00 – 7:30 pm <b>Meet @ 8:00pm</b> <b>Tournament Set-up</b>	2 HOME Bronco Duals F/S  <b>All Wrestlers Work Tournament</b>
3	4 BREAK 3:00 – 6:00 pm	5 BREAK 3:00 – 6:00 pm	6 BREAK AWAY Dual @ Great Oak Weight Check 9am Wrestle @ 5pm	7 BREAK 3:00 – 6:00 pm	8 BREAK 3:00 – 6:00 pm	9 AWAY FS/JV @ San Clemente
10	11 BREAK 3:00 – 6:00 pm	12 A 3:00 – 6:00 pm	13 B HOME Dual vs Murrieta Valley Meet after school Wrestle @ 5pm	14 A 3:00 – 6:00 pm	15 B 3:00 – 6:00 pm	16 AWAY F/S @ Citrus Hill
17	18 BREAK 3:00 – 6:00 pm	19 A 3:00 – 6:00 pm	20 B Dual vs Murrieta Mesa Dinner Dual Meet after school Wrestle @ 5pm All Wrestlers work dinner	21 A 3:00 – 6:00 pm	22 B 3:00 – 6:00 pm	23 AWAY F @ La Costa Canyon
24	25 A 3:00 – 6:00 pm	26 B 3:00 – 6:00 pm	27 A AWAY Dual @ Chaparral Meet after school Wrestle @ 5pm	28 B 3:00 – 6:00 pm	29 A 3:00 – 6:00 pm	30

# Freshmen Wrestling Schedule

February 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 B 3:00 – 6:00 pm	2 A 3:00 – 6:00 pm	3 B HOME Dual vs Temecula Valley Meet after school Wrestle @ 5pm	4 A 3:00 – 6:00 pm	5 B 3:00 – 6:00 pm	6
7	8 A 3:00 – 6:00 pm	9 B 3:00 – 6:00 pm	10 A 3:00 – 6:00 pm	11 B 3:00 – 6:00 pm	12 BREAK 3:00 – 6:00 pm	13 AWAY League Finals @ Temecula Valley

## Wrestlers

text @froshw to 81010

## Parents

text @froshwp to 81010