

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			V = VARSITY JV = JUNIOR VARSITY F=FROSH FS = FROSH SOPH LC=LIFT/CARDIO M=MAT	Bring wrestling shoes and running shoes to every practice, no matter what. <u>Practice plans and times can change due to several circumstances.</u>		
	11 HOLIDAY	12 B Season Start L 615-710AM C 530-600pm M 600-800pm	13 A C 615-710am M 100-330pm	14 B L 615-710am C 345-430pm M 430-600pm	15 A C 615-710am M 100-330pm	16 VARSITY HIKE Depart - 5:15am Return - Late Varsity Team Dinner after
17 Car Wash	18 B L 330-415pm C 415-430pm M 430-600pm	19 A LC 100-230pm M 600-800pm	20 B L 330-415pm C 415-430pm M 430-600pm	21 A M 100-330pm LC 330-430pm	22 B L 330-415pm C 415-430pm M 430-600pm	23 V/JV/F Scrimmage @ Lakeside 8-10AM DEPART 715AM
24	25 HOLIDAY Blue and Gold Match All levels arrive 545pm 7:00pm start Varsity/JV Lock-in team dinner, movie, overnight	26 HOLIDAY LC 7:00-8:30am M 600-800pm	27 HOLIDAY LC 8-930am M 930-1100am	28 HOLIDAY Thanksgiving No Practice	29 HOLIDAY LC 400-500pm M JV 500-600pm M V 500-700pm	30 JV Hemet FS Ian Dykstra Memorial @ Temescal Canyon

December

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1	2 A M 100-330pm L 330-430pm	3 B JV only L 330-415pm C 415-430pm M 430-600 Varsity only C 530-600pm M 600-800pm	4 A M 100-230pm C 230-300pm	5 B DUALS @ CHAPARRAL V/JV only	6 A V COSSAREK CLASSIC JV Starters only practice w/frosh starters, other JV off	7 V COSSAREK CLASSIC JV/F TV DUALS
8	9 B LC 345-430pm M 430-600pm	10 A ALL LEVELS DUAL vs ELSINORE WEIGHT CHECK 7AM WEIGH 400PM JV/F 500PM V 630PM	11 B L 330-415pm C 415-430pm M 430-600pm	12 A M 100-330pm LC 330-430pm	13 B LC 345-430pm M 430-600pm All Levels Tourney set-up 815pm	14 VMHS VARSITY DUALS
15	16 A M 100-330pm LC 330-430pm	17 B JV only LC 345-430pm M 430-600 Varsity only C 530-600pm M 600-730pm	18 FINALS V/JV Tri Duals @ Hillcrest	19 FINALS M 100-300pm LC 300-400pm	20 FINALS M 100-300pm LC 300-400pm	21 Varsity Only LC/M 900-1100am
22	23 M 800-1030am LC 1030-1130am	24 M 800-1030am LC 1030-1130am	25 Holiday No Practice	26 M 800-930am C 930-1000am V Depart for CA Coast Classic (times TBA)	27 V CA Coast Classic JV TBA	28 V CA Coast Classic JV TBA
29 V San Francisco	30 V Return home from CA Coast Classic JV TBA	31 Varsity Only M 800-900am V/JV combined M 900-1030am LC 1030-1130am				

January

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			1 Varsity Only M 300-400pm V/JV combined M 400-500pm LC 500-600pm	2 Varsity Only M 800-900am V/JV combined M 900-1030am LC 1030-1100am	3 Varsity Only M 800-900am V/JV combined M 900-1030am LC 1030-1130am Tourney Set-up 800pm	4 VMHS FS Duals
5	6 Varsity Only M 800-900am V/JV combined M 900-1030am LC 1030-1130am	7 JV only M 800-930am C 930-1000am Varsity only C 530-600pm M 600-730pm	8 Temecula Valley Dual weight check 900am	9 M 800-900am C 900-930am	10 V Riverside County Championships JV only M 800-900am C 900-930am	11 V Riverside County Championships JV REV 10 Way FS Nogales Super Huge
12	13 STAFF PREP DAY 330-415pm 415-430pm M 430-600pm	L 14 C JV only C 345-415pm M 415-530pm Varsity only C 530-600pm M 600-730pm	15 B Great Oak Dual weight check 700am	16 A M 100-230pm JV C 230-330pm	17 B V Battle 4 the Belt JV only C 345-415pm M 415-530pm	18 V Battle 4 the Belt V Troy JV Lakeside Indiv. FS Citrus Hill Champ.
19	20 HOLIDAY Varsity Only M 800-900am V/JV combined M 900-1030am LC 1030-1130am	21 A JV only M 100-230pm Varsity only C 530-600pm M 600-730pm	22 B Murrieta Valley Dual weight check 700am	23 A M 100-330pm LC 330-430pm	24 B LC 345-415pm M 415-545pm	25 V Montclair F So Cal Frosh Champ.
26	27 A M 100-330pm LC 330-430pm	28 B JV only C 345-415pm M 415-530pm Varsity only C 530-600pm M 600-730pm	29 A Murrieta Mesa Dual "Dinner Dual" weight check 700am	30 B L 330-415pm C 415-430pm M 430-600pm	31 A M 100-330pm LC 330-430pm	

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 JV Yucaipa Individ.
2	3 B L 330-415pm C 415-430pm M 430-600pm	4 A JV only M 100-230pm Varsity only C 530-600pm M 600-730pm	5 B Chaparral Dual weight check 700am	6 A M 100-330pm LC 330-430pm	7 B L 330-415pm C 415-430pm M 430-600pm	8 CIF Team Duals Centennial/Corona
9	10 A M 100-330pm LC 330-430pm	11 B JV only C 345-415pm M 415-530pm Varsity only C 530-600pm M 600-800pm	12 A M 100-330pm LC 330-430pm	13 B L 330-415pm C 415-430pm M 430-600pm	14 HOLIDAY Varsity/JV starting lineup only M 800-930am C 930-1000am	15 All Levels League Finals @ Murrieta Valley
16	17 HOLIDAY CIF Individuals	18 A CIF Individuals	19 B CIF Individuals	20 A CIF Individuals	21 B CIF Individuals	22 CIF Individuals
23	24 A Masters	25 B Masters	26 A Masters	27 B Masters	28 A Masters March 7 State	1 Masters March 8 State