

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**		V = VARSITY JV = JUNIOR VARSITY F=FROSH FS = FROSH SOPH L=LIFT C=CARDIO/RUN M=MAT	*All practices are Varsity and JV combined unless otherwise noted		
	10 B Season starts tomorrow!! Work out on your own!!!!	11 Season Start M 530-830pm small gym	12 A L 615-710AM M 1-330PM	13 B C 345-430PM M 430-6PM	14 A L 615-710AM M 1-330PM	15 Varsity Hike DEPART 515AM RETURN LATER V - TEAM MEAL @ COACH JARRETT'S AFTER HIKE
16	17 B L 330-420PM M 430-600PM	18 A LC 1-230PM M 6-8:30PM	19 B L 345-430PM M 430-630PM	20 A M 1-330PM C 330-400PM	21 B C 345-430PM M 430-600PM	22 V ONLY TBA Blue & Gold Match preparation
wrestle-offs for Blue & Gold Match						
23	24 HOLIDAY Blue and Gold Match All Levels arrive 6pm Match start 7pm Coaches/Parents Meet & Greet 530-630pm -V/JV Lock-In	25 HOLIDAY LC 530-630PM M 630-830PM	26 HOLIDAY LC 8-9AM M 9-11AM	27 HOLIDAY THANKSGIVING No Practice	28 HOLIDAY LC 6-630PM M JV 630-730PM M V 630-830PM	29 JV @ Hemet FS @ Ian Dykstra @ TC
30						

December 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 A M 1-330PM 330-430PM	2 B JV ONLY C 4-430PM M 430-600PM V ONLY M 6-830PM	3 A Duals @ Vista Murrieta weight check 7am in room at 345pm	4 B C 430-500PM M 5-6PM	5 A V - Cossarek Classic JV starters w/ frosh starters	6 V - Cossarek Classic JV/F @ TV 8 Way
7	8 B LC 345-430PM M 430-600PM	9 A All Levels Elsinore Dual weight check 7am	10 B LC 345-430PM M 430-600PM	11 A M 1-230PM C 230-300PM	12 B V - Citrus Hill Invitational JV - TBA	13 V - Citrus Hill Invitational FS @ Lakeside Duals
14	15 A M 2-4PM LC 4-445PM	16 B JV ONLY LC 345-430PM M 430-600PM V ONLY C 6-630PM M 630-830PM	17 A FINALS M 1-300PM LC 3-4PM	18 FINALS M 1-3PM LC 3-4PM	19 FINALS M 1-230PM C 230-3PM Tourney set-up all wrestlers 815pm	20 Bronco Varsity Duals all wrestlers work
21	22 HOLIDAY M 8-10AM LC 10-11AM	23 HOLIDAY LC 6-630PM M 630-830PM	24 HOLIDAY LC 8-9AM M 9-11AM	25 HOLIDAY Christmas - No Practice	26 HOLIDAY M 8-10AM LC 10-11AM	27 HOLIDAY V ONLY M 9-11AM
28 Depart Reno	29 HOLIDAY V - Sierra Nevada Classic JV TBA	30 HOLIDAY V - Sierra Nevada Classic JV TBA	31 HOLIDAY JV TBA			

January 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 HOLIDAY V - Return from Reno practice TBA JV TBA	2 HOLIDAY V ONLY C 530-6PM M 6-7PM V/JV COMBINED M 7-8PM Tourney set-up all wrestlers 8pm	3 FS Bronco Duals All level work V only practice 7-830am
4	5 HOLIDAY V ONLY M 8-9AM V/JV M 9-1030AM LC 1030-1130AM	6 HOLIDAY JV ONLY M 8-930AM C 930-10AM V ONLY C 6-630PM M 630-830PM	7 HOLIDAY V ONLY M 8-9AM C 9-930AM JV ONLY M 9-10AM C 10-1030AM	8 HOLIDAY Great Oak Dual weight check 9am	9 HOLIDAY V - Riverside County JV ONLY M 8-930AM C 9-930AM	10 V - Riverside County JV/FS - San Clemente Rotary Tournament
11	12 No School for Students - Teacher Work Day L 330-415PM C 415-430PM M 430-600PM	13 C JV ONLY C 4-430PM M 430-600PM V ONLY C 6-630PM M 630-830PM	14 B C 4-430PM M 430-6PM	15 A Murrieta Valley Dual weight check 7am	16 B V - 5 Counties JV ONLY C 4-430PM M 430-6PM	17 V - 5 Counties V eliminated @ 5 Counties goes to Troy Tourney FS - Citrus Hill FS Champ
18	19 HOLIDAY V ONLY M 8-9AM V/JV COMBINED M 9-1030AM LC 1030-1130AM	20 A LC 1-230PM JV ONLY M 430-600PM V ONLY M 630-830PM	21 B C 4-430PM M 430-6PM	22 A Murrieta Mesa Dual weight check 7am	23 B C 4-430PM M 430-6PM	24 V - San Clemente Rotary F - La Costa Canyon Frosh Championships
25	26 A M 1-330PM LC 330-430PM	27 B JV ONLY C 4-430PM M 430-6PM V ONLY C 6-630PM M 630-830PM	28 A M 1-3PM C 3-330PM	29 B Chaparral Dual weight check 7am	30 A M 1-330PM LC 330-430PM	31 V ONLY TBA

February 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 B C 4-430PM M 430-6PM	3 A Temecula Valley Dual weight check 7am	4 B LC 330-430PM M 430-6PM	5 A M 1-330PM LC 330-430PM	6 B C 4-430PM M 430-6PM	7 CIF Team Duals @ Centennial Corona
8	9 A M 1-330PM LC 330-430PM	10 B JV ONLY C 4-430PM M 430-6PM V ONLY C 6-630PM M 630-830PM	11 A M 1-330PM LC 330-430PM	12 B C 4-430PM M 430-6PM	13 HOLIDAY V/JV Starters only M 8-930AM C 930-10AM	14 League Finals @ TV
15	16 HOLIDAY CIF PRACTICE TBA	17 CIF PRACTICE TBA	18 CIF PRACTICE TBA	19 CIF PRACTICE TBA	20 CIF INDIVIDUALS @ TEMECULA VALLEY	21 CIF INDIVIDUALS @ TEMECULA VALLEY
22	23 MASTERS PRACTICE TBA	24 MASTERS PRACTICE TBA	25 MASTERS PRACTICE TBA	26 MASTERS PRACTICE TBA	27 MASTERS @ CITIZENS BANK ARENA (ONTARIO)	28 MASTERS @ CITIZENS BANK ARENA (ONTARIO)
1-Mar	2 STATE PRACTICE TBA	3 STATE PRACTICE TBA	4 STATE PRACTICE TBA	5 STATE PRACTICE TBA	6 STATE MEET @ RABOBANK ARENA (BAKERSFIELD)	7 STATE MEET @ RABOBANK ARENA (BAKERSFIELD)