

November 2015

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		7
8	9 B Season starts tomorrow!! Work out on your own!!!!	10 A Season Start M 530-830pm small gym	11 NO SCHOOL L 730-8AM M 8-930AM	12 B C 345-430PM M 430-630PM	13 A M 1-330PM L 330-4PM	14 Take It Outside II 12pm - Cal Baptist vs Cal State Bakersfield @ Cal Baptist Univ
15	16 B C 600-630PM M 630-830PM	17 A M 1-3:30PM L 330-400PM	18 B C 345-430PM M 430-630PM	19 A M 1-330PM L 330-400PM	20 B Practice TBA Cal State Bakersfield vs Penn State @ CSUB depart TBA	21 V ONLY TBA Blue & Gold Match preparation
wrestle-offs for Blue & Gold Match						
22	23 HOLIDAY Blue and Gold Match All Levels arrive 6pm Match start 7pm -V/JV Bowling after match	24 HOLIDAY LC 8-9AM 9-11AM	25 HOLIDAY LC 8-9AM M 9-11AM	26 HOLIDAY THANKSGIVING No Practice	27 HOLIDAY L 6-630PM M JV 630-730PM M V 630-830PM	28 Varsity Hike DEPART 515AM RETURN LATER V - TEAM MEAL @ COACH JARRETT'S AFTER HIKE JV @ Hemet FS @ Ian Dykstra @ TC
29	30 A LC 110-2:30PM JV ONLY M 430-600PM V ONLY M 630-830PM					

December 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 B Santiago Dual all levels weight check 7am in room at 315pm	2 A M 1-3:30PM L 330-400PM	3 B C 345-430PM M 430-630PM	4 A V - Kyle Snyder Clinic @ San Marino High JV starters w/ frosh starters	5 V - Ara Kumjian Tourney @ San Marino JV/F @ Poway Tourney
6	7 B JV ONLY C 4-430PM M 430-600PM V ONLY L 6-630PM M 630-830PM	8 A Elsinore Dual All Levels weight check 7am in room at 315pm	9 B L 345-430PM M 430-630PM	10 A M 1-230PM C 230-300PM	11 B V - Citrus Hill Invitational JV - TBA	12 V - Citrus Hill Invitational FS @ Yorba Linda Tourney
13	14 C LC 150-230 JV ONLY M 430-600PM V ONLY M 630-830PM	15 C M 150-330PM C 330-400PM	16 FINALS M 1-300PM L 3-4PM	17 FINALS M 1-3PM C 3-4PM	18 FINALS M 1-230PM L 230-3PM Tourney set-up all wrestlers 830pm	19 Bronco Varsity Duals all wrestlers work
20	21 HOLIDAY L 6-630PM M 630-830PM	22 HOLIDAY LC 8-9AM M 9-11AM	23 HOLIDAY L 8-9AM M 9-11AM	24 HOLIDAY LC 8-9AM M 9-11AM	25 HOLIDAY Christmas - No Practice	26 HOLIDAY V ONLY M 9-11AM
27	28 HOLIDAY Depart Reno Practice as team at arena upon arrival	29 HOLIDAY V - Sierra Nevada Classic JV TBA	30 HOLIDAY V - Sierra Nevada Classic JV TBA	31 HOLIDAY JV TBA		

January 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 HOLIDAY V - Return from Reno practice TBA JV TBA Tourney set-up all wrestlers 8pm	2 FS Bronco Duals All level work V only practice 7-800am
3	4 HOLIDAY JV ONLY M 8-930AM L 930-10AM V ONLY L 6-630PM M 630-830PM	5 HOLIDAY V ONLY M 8-9AM C 9-930AM JV ONLY M 9-10AM C 10-1030AM	6 HOLIDAY Great Oak Dual weight check 9am	7 HOLIDAY V ONLY M 8-930AM L 930-10AM JV ONLY L 900-930AM M 930-1100AM	8 HOLIDAY V ONLY M 8-9AM C 9-930AM JV ONLY C 830-9AM M 9-10AM	9 V - IE TOC JV/FS - San Clemente Rotary Tournament
10	11 No School for Students - Teacher Day JV ONLY L 4-430PM M 430-600PM V ONLY L 6-630PM M 630-830PM	12 A M 1-230PM C 230-300PM	13 B Murrieta Valley Dual weight check 7am	14 A M 1-230PM C 230-300PM	15 B V - 5 Counties JV ONLY C 4-430PM M 430-6PM	16 V - 5 Counties FS - Citrus Hill FS Champ
17	18 HOLIDAY JV ONLY M 8-930AM L 930-10AM V ONLY L 6-630PM M 630-830PM	19 A M 1-230PM C 230-300PM	20 B Murrieta Mesa "Dinner Dual" weight check 7am	21 A M 1-330PM L 330-400PM	22 B C 4-430PM M 430-6PM	23 V - San Clemente Rotary F - La Costa Canyon Frosh Championships
24	25 A LC 110-2:30PM JV ONLY M 430-600PM V ONLY M 630-830PM	26 B C 4-430PM M 430-6PM	27 A Chaparral Dual weight check 7am	28 B L 345-430PM M 430-630PM	29 A M 1-330PM C 330-400PM	30 V ONLY TBA

February 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 B JV ONLY C 4-430PM M 430-600PM V ONLY L 6-630PM M 630-830PM	2 A M 1-230PM C 230-300PM	3 B Temecula Valley Dual weight check 7am	4 A M 1-330PM L 330-400PM	5 B C 4-430PM M 430-6PM	6 CIF Team Duals @ Carter High
7	8 A LC 110-2:30PM JV ONLY M 430-600PM V ONLY M 630-830PM	9 B C 4-430PM M 430-63PM	10 A M 1-330PM L 330-400PM	11 B C 4-430PM M 430-630PM	12 HOLIDAY V/JV Starters only M 8-930AM C 930-10AM	13 League Finals @ TV
14	15 HOLIDAY CIF PRACTICE TBA	16 CIF PRACTICE TBA	17 CIF PRACTICE TBA	18 CIF PRACTICE TBA	19 CIF INDIVIDUALS @ TEMECULA VALLEY	20 CIF INDIVIDUALS @ TEMECULA VALLEY
21	22 MASTERS PRACTICE TBA	23 MASTERS PRACTICE TBA	24 MASTERS PRACTICE TBA	25 MASTERS PRACTICE TBA	26 MASTERS @ CITIZENS BANK ARENA (ONTARIO)	27 MASTERS @ CITIZENS BANK ARENA (ONTARIO)
28	29 STATE PRACTICE TBA	1 STATE PRACTICE TBA	2 STATE PRACTICE TBA	3 STATE PRACTICE TBA Depart for state meet	4 STATE MEET @ RABOBANK ARENA (BAKERSFIELD)	5 STATE MEET @ RABOBANK ARENA (BAKERSFIELD)