



WRESTLING

November

2011

	Mon	Tue	Wed	Thu	Fri	Sat
	7	8	9	10	11	12 Practice #1 8:00-10:00a ROOKIES 10:00-12n Practice #2 2:00 - 4:00p
	14 practice 1:30 -4:30	15 practice 1:30 -4:30	16 practice 1:30 -4:30	17 practice 1:30 -4:30	18 practice 1:30 -4:30	19 NO PRACTICE
	21 Holiday practice V/JV 8:00- 11:00a ROOKIES 10:00-12n	22 Holiday practice V/JV 8:00- 11:00a ROOKIES 10:00-12n	23 Holiday practice V/JV 8:00- 11:00a ROOKIES 10:00-12n	24 Thanks -giving NO PRACTICE	25 Miramar Lake Run 8:00-9:00a Practice ALL TEAM 10:00-12n	26 San Clemente Scrimmage ALL TEAM NEED RIDES!!!
	28 practice 1:30 -4:30	29 practice 1:30 -4:30	30 practice 1:30 -4:30	1 DEC ALL TEAM vs. GREAT OAK	2 DEC practice 1:30 - 4:30 FROSH @ ESCO	3 DEC FROSH/IV @ POWAY V practice 8:00 - 10:00a