

Vista Wrestling November 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14 Alpha 5:15-8am and PE to 2:45 Dev-3-5:30pm	15 Alpha 5:15-7am Dev- 3-5:30pm	16 Alpha- 3-6pm Dev- 3-5:30pm	17 Alpha 3-6pm Dev- 3-5:30pm	18 Alpha- 3-6pm Dev- 3-5:30pm	19 Alpha 8-11 am Dev- 9am-12noon
20	21 Alpha 8-11 am Dev-9am-12pm	22 Alpha 8-11 am Dev-9am-12pm	23 Alpha 8-11 am Dev-9am-12pm	24 THANKGIVING OFF	25 All Levels Practice 5-7pm (NIGHT)	26 Alpha 8-11 am Dev-9am-12noon JV Tourney @ Hemet HS 9:00am
27	28 Alpha 5:15-8am and PE to 2:45 Dev-3-5:30pm	29 Alpha 5:15-7am Dev- 3-5:30pm	30 Alpha- 3-6pm Dev- 3-5:30pm			

Events and practice times subject to change.

Vista Wrestling December 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Dev-3-5:30pm (gym setup) RED/BLACK DUAL 6p VHS GYM (WRESTLE OFFS)	2 Vista HS F/S Duals-3pm-9pm Varsity Leave for Bakersfield 12pm	3 Vista HS F/S Duals- 9am Var A-Bakersfield 9am B-Carlsbad 9am
4	5 Alpha 5:15-8am and PE to 2:45 Dev-3-5:30pm	6 Alpha 5:15-7am Developmental 3-5:30pm	7 Alpha- 3-6pm Dev- 3-5:30pm	8 RB Dual @VHS 5pm Fr/JV 7pm Var	9 VAR-Leave for Clovis at 12pm Others Practice- 3-6pm	10 Varsity @Clovis West JV- Hilltop Tour FR-RBV Invite
11	12 Alpha 5:15-8am and PE to 2:45 Dev-3-5:30pm	13 Alpha 5:15-7am Developmental 3-5:30pm	14 FINALs ALL LEVELS 12- 3pm	15 FINALs ALL LEVELS 12- 3pm	16 FINALs Var A/B @El Cajon Invite 10am Everyone- 12-3pm	17 Vista HS Frosh Invite Var A/B @El Cajon Invite
18	19 Alpha 8-11 am Dev- 9am-12noon Travel Option	20 Alpha 8-11 am Dev- 9am-12noon Travel Option	21 Alpha 8-11 am Dev- 9am-12noon Travel Option	22 Alpha 8-11 am Dev- 9am-12noon Travel Option	23 Alpha 8-11 am Dev- 9am-12noon Travel Option	24 OFF
25	26 Alpha- 5pm-8pm(NIGHT) Dev-OFF <u>MANDATORY PRACTICE</u>	27 Alpha 8-11 am Dev- 9am-12noon	28 Alpha 8-11 am Dev- 9am-12noon	29 Var- Rumble by Lake Invite 9am Dev- 9-12pm	30 Var A/B- Rumble by Lake Invite 9am Dev- 9-12pm	31 Frosh Soph Duals @ Hilltop HS OTHERS OFF

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Vista Wrestling January 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 OFF	2 Alpha 8-11 am Developmental 9-12pm	3 Alpha 5:15-7am Dev- 3-5:30pm	4 Alpha- 3-6pm Dev- 3-5:30pm	5 El Camino Dual @ HOME 5pm JV/FR 7pm VAR	6 Alpha- 3-6pm Dev-3-5:30pm	7 Var-Esperanza Invite-9am
8	9 Alpha 5:15-8am and PE to 2:45 Dev-3-5:30pm	10 Alpha 5:15-7am Dev- 3-5:30pm	11 Alpha- 3-6pm Dev- 3-5:30pm	12 San Marcos Dual @ HOME 5pm JV/FR 7pm VAR	13 Varsity at TVHS Invite 9am ALL OTHERS-9am-12noon	14 Var A/B-TVHS and OGHS 9am All others @ VHS JV Invite
15	16 Alpha 8-11 am Developmental 9-12pm	17 Alpha 5:15-7am Dev- 3-5:30pm	18 Alpha- 3-6pm Dev- 3-5:30pm	19 Mission Hills Dual @MH 5pm/7pm Others Practice 3-5:30pm	20 Varsity @ Canyon Springs-12pm All others practice 3:00-5:30pm	21 Frosh @ LCC Varsity @ Canyon Springs-12pm OTHERS OFF
22	23 Alpha 5:15-8am and PE to 2:45 Dev-3-5:30pm	24 Oceanside Dual @HOME 5/7pm SENIOR NIGHT	25 Alpha- 3-6pm Dev- 3-5:30pm	26 ALL LEVELS Practice 3-5:30 Var Leave for Gilroy @ 12pm	27 ALL LEVELS Practice 3-5:30 Var @ Mid Cals (Gilroy) 9am	28 Var @ Mid Cals (Gilroy) 9am JV @ Great Oak Others OFF
29	30 Alpha 5:15-8am and PE to 2:45 Dev-3-5:30pm	31 Alpha 5:15-7am Dev- 3-5:30pm				

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Vista Wrestling February 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Alpha 5:15-8am and PE to 2:45 Dev-3-5:30pm	2 Alpha 5:15-7am Dev- 3-5:30pm	1 Alpha- 3-6pm Dev- 3-5:30pm	2 RBV Dual @ RBV 5pm/7pm	3 Alpha- 2:30- 4:30pm Dev- 3-5:30pm	4 Var- @ Mt. Miguel HS- 9am JV County Championships @ Mt. Carmel HS-9am
5	6 Alpha 5:15-8am and PE to 2:45 Dev-3-5:30pm	7 Alpha 5:15-7am Dev- 3-5:30pm	8 Alpha- 3-6pm Dev- 3-5:30pm	9 Alpha- 3-6pm Dev- 3-5:30pm	10 Alpha- 3-6pm Dev- 3-5:30pm	11 Frosh County Championships @ Mt. Carmel HS-9am CIF Dual-Mira Mesa HS
12	13 Alpha 4-6pm	14 Alpha 5:15-7am	15 Alpha 4-6pm	16 Alpha 4-6pm	17 Alpha Practice 9am-12pm Team Get together 7pm	18 CIF Championships- 9am Otay Ranch HS
19	20 Alpha Practice 9am-12pm	21 Alpha 5:15-7am	22 Alpha 4-6pm	23 Alpha 3-5pm Team Get together 7pm	24 CIF Masters-9am Olympian HS	25 CIF Masters-9am Olympian HS
26	27 Alpha 4-6pm	28 Alpha 5:15-7am	<u>March 1</u> Alpha 3-5:30pm	<u>March 2</u> Leave for STATE	<u>March 3</u> CIF State @ Rabobank Arena (Bakersfield)-9am	<u>March 4</u> CIF State @ Rabobank Arena (Bakersfield)-9am

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