

SAINT FRANCIS WRESTLING PRACTICE SCHEDULE

KEY: SH = Study Hall; C/L = Conditioning/Lifting; P = One Practice; JVP = JV Practice; VP = Varsity Practice

			<u>Varsity</u>	<u>JUNIOR VARSITY & FROSH</u>	
Mon	Oct. 31st	B1	C/L: 2:45 to 3:45 P: 3:45 to 5:30		
Tue	Nov. 1st	G1	C/L: 2:30 to 3:30 P: 3:30 to 5:30		
Wed	Nov. 2nd	B2	C/L: 2:45 to 3:45 P: 3:45 to 5:30		
Thu	Nov. 3rd	G2	C/L: 2:30 to 3:30 P: 3:30 to 5:30		
Fri	Nov. 4th	PLAY	C/L: 1:30 to 2:30 P: 2:30 to 4:30		
Sat	Nov. 5th		<u>WEIGHT CERTIFICATION #1 @ 8:00 AM</u>	P: 12:00AM to 1:30PM	
Sun	Nov. 6th				
Mon	Nov. 7th	B1	C/L: 2:45 to 3:45 P: 3:45 to 5:30		
Tue	Nov. 8th	G1	C/L: 2:30 to 3:30 P: 3:30 to 5:30		
Wed	Nov. 9th	B2	C/L: 2:45 to 3:45 P: 3:45 to 5:30		
Thu	Nov. 10th	G2	C/L: 2:30 to 3:30 P: 3:30 to 5:30		
Fri	Nov. 11th	W	C/L: 3:00 to 4:00 P: 4:00 to 5:30		
Sat	Nov. 12th		P: 11:00AM to 1:00PM C/L: 1:00 to 2:00		
Sun	Nov. 13th				
Mon	Nov. 14th	B1	SH: 2:30 to 3:30 C/L: 3:30 to 4:30 VP: 4:30 to 6:30	JVP: 3:00 to 4:30 C/L: 4:30 to 5:00	
Tue	Nov. 15th	G1	SH: 2:30 to 4:00 C/L: 4:00 to 4:30 VP: 4:30 to 6:30	JVP: 3:00 to 4:30 C/L: 4:30 to 5:00	
Wed	Nov. 16th	B2	SH: 2:30 to 3:30 C/L: 3:30 to 4:30 VP: 4:30 to 6:30	JVP: 3:00 to 4:30 C/L: 4:30 to 5:00	
Thu	Nov. 17th	G2	SH: 2:30 to 4:00 C/L: 4:00 to 4:30 VP: 4:30 to 6:30	JVP: 3:00 to 4:30 C/L: 4:30 to 5:00	
Fri	Nov. 18th	B1	C/L: 3:00 to 4:00 VP: 4:00 to 5:00	JVP: 3:00 to 4:00	
Sat	Nov. 19th		<u>WEIGHT CERTIFICATION #2 @ 8:00 AM</u>	P: 12:00AM to 1:30PM	
Sun	Nov. 20th				
Mon	Nov. 21st	A3	SH: 2:30 to 3:30 C/L: 3:30 to 4:30 VP: 4:30 to 6:30	JVP: 3:00 to 4:30 C/L: 4:30 to 5:30	<u>PARENT MEETING @ 7:00PM</u>
Tue	Nov. 22nd	B2	SH: 2:30 to 4:00 C/L: 4:00 to 4:30 VP: 4:30 to 6:30	JVP: 3:00 to 4:30 C/L: 4:30 to 5:00	
Wed	Nov. 23rd	A3	C/L: 1:00 to 2:00 VP: 2:00 to 4:00	JVP: 1:00 to 2:00 C/L: 2:00 to 3:00	
Thu	Nov. 24th	OFF	<i>THANKSGIVING - NO PRACTICE</i>		
Fri	Nov. 25th	OFF	VP: 11:00AM to 1:00PM C/L: 1:00 to 2:00		
Sat	Nov. 26th		TOUGHNESS DAY: Session #1: 10:00AM to 12:00PM <u>LUNCH: 12:00PM to 2:00PM</u> Session #2: 2:00 to 4:00		
Sun	Nov. 27th				
Mon	Nov. 28th	B1	SH: 2:30 to 3:30 C/L: 3:30 to 4:30 VP: 4:30 to 6:30	JVP: 3:00 to 4:30 C/L: 4:30 to 5:30	
Tue	Nov. 29th	G1	SH: 2:30 to 4:00 C/L: 4:00 to 4:30 VP: 4:30 to 6:30	JVP: 3:00 to 4:30 C/L: 4:30 to 5:00	<u>PARENT MEETING @ 7:00PM</u>
Wed	Nov. 30th	B2	SH: 2:30 to 3:30 C/L: 3:30 to 4:30 VP: 4:30 to 6:30	JVP: 3:00 to 4:30 C/L: 4:30 to 5:30	
Thu	Dec. 1st	G2	SH: 2:30 to 4:00 C/L: 4:00 to 4:30 VP: 4:30 to 6:30	JVP: 3:00 to 4:30 C/L: 4:30 to 5:00	
Fri	Dec. 2nd	B1	C/L: 3:00 to 4:00 VP: 4:00 to 5:00	JVP: 3:00 to 4:00	
Sat	Dec. 3rd		<u>Peninsula Invitational</u>		
Sun	Dec. 4th				
Mon	Dec. 5th	G1	SH: 2:30 to 3:30 C/L: 3:30 to 4:30 VP: 4:30 to 6:30	JVP: 3:00 to 4:30 C/L: 4:30 to 5:30	
Tue	Dec. 6th	B2	SH: 2:30 to 4:00 C/L: 4:00 to 4:30 VP: 4:30 to 6:30	JVP: 3:00 to 4:30 C/L: 4:30 to 5:00	
Wed	Dec. 7th	G2	SH: 2:30 to 3:30 C/L: 3:30 to 4:30 VP: 4:30 to 6:30	JVP: 3:00 to 4:30 C/L: 4:30 to 5:30	
Thu	Dec. 8th	B1	SH: 2:30 to 4:00 C/L: 4:00 to 4:30 VP: 4:30 to 6:30	JVP: 3:00 to 4:30 C/L: 4:30 to 5:00	
Fri	Dec. 9th	A1	VP: 2:30 to 4:00 <u>Leave for Elk Grove @ 4:00</u>	JVP: 4:00 to 5:30	
Sat	Dec. 10th		<u>Curt Mettler (Elk Grove)</u>	<u>Newark Frosh/Soph/JV</u>	

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			VARSITY	JUNIOR VARSITY & FROSH	
Mon	Dec. 12th	B2	SH: 2:30 to 3:30 C/L: 3:30 to 4:30 VP: 4:30 to 5:30	JVP: 3:00 to 4:30 C/L: 4:30 to 5:30	
Tue	Dec. 13th	G2	SH: 2:30 to 3:45 C/L: 3:45 to 4:15 VP: 5:00 to 6:30	JVP: 3:00 to 4:00 C/L: 4:30 to 5:00	TEAM PICTURES: 4:00 to 5:00
Wed	Dec. 14th	B1	SH: 2:30 to 3:30 C/L: 3:30 to 4:30 VP: 4:30 to 6:30	JVP: 3:00 to 4:30 C/L: 4:30 to 5:30	
Thu	Dec. 15th	G1	SH: 2:30 to 4:00 C/L: 4:00 to 4:30 VP: 4:30 to 6:00	JVP: 3:00 to 4:30 C/L: 4:30 to 5:00	
Fri	Dec. 16th	W	<u>The Zinkin (Clovis)</u> VP: 4:00 to 5:00	JVP: 3:00 to 4:00 C/L: 4:00 to 4:30	
Sat	Dec. 17th		<u>The Zinkin (Clovis)</u>	<u>Lynn Dyche (James Lick)</u>	
Sun	Dec. 18th				
Mon	Dec. 19th	FINAL	NO PRACTICE - run on your own	NO PRACTICE - run on your own	
Tue	Dec. 20th	FINAL	C/L: 1:00 to 2:00 VP: 2:00 to 3:00	JVP: 1:00 to 2:00 C/L: 2:00 to 2:30	
Wed	Dec. 21st	FINAL	C/L: 1:00 to 2:00 VP: 2:00 to 3:00	JVP: 1:00 to 2:30 C/L: 2:30 to 3:00	
Thu	Dec. 22nd	XMAS	VP: 9:00AM to 11:00AM C/L: 11:00AM to 12:00PM	C/L: 10:00 to 11:00 JVP: 11:00 to 12:30	
Fri	Dec. 23rd	XMAS	<u>TRI-MEET vs. Hollister (1:00 PM) & Palo Alto (3:00 PM)</u>		
Sat	Dec. 24th				
Sun	Dec. 25th				
Mon	Dec. 26th	XMAS	NO PRACTICE - run on your own	NO PRACTICE - run on your own	
Tue	Dec. 27th	XMAS	NO PRACTICE - run on your own	NO PRACTICE - run on your own	
Wed	Dec. 28th	XMAS	VP: 9:00AM to 11:00AM C/L: 11:00AM to 12:00PM	C/L: 10:00 to 11:00 JVP: 11:00 to 12:30	
Thu	Dec. 29th	XMAS	VP: 9:00AM to 11:00AM C/L: 11:00AM to 12:00PM	C/L: 10:00 to 11:00 JVP: 11:00 to 12:30	P: 2:00 to 4:00
Fri	Dec. 30th	XMAS	VP: 9:00AM to 11:00AM C/L: 11:00AM to 12:00PM	C/L: 10:00 to 11:00 JVP: 11:00 to 12:30	
Sat	Dec. 31st		C/L: 11:00AM to 12:00PM VP: 12:00AM to 2:00AM	C/L: 10:00 to 11:00 JVP: 11:00 to 12:30	P: 4:00 to 6:00
Sun	Jan. 1st				
Mon	Jan. 2nd	OFF	VP: 9:00AM to 11:00AM C/L: 11:00AM to 12:00PM	C/L: 10:00 to 11:00 JVP: 11:00 to 12:30	
Tue	Jan. 3rd	OFF	VP: 9:00AM to 11:00AM C/L: 11:00AM to 12:00PM	C/L: 10:00 to 11:00 JVP: 11:00 to 12:30	P: 2:00 to 4:00
Wed	Jan. 4th	OFF	SH: 2:30 to 4:00 C/L: 4:00 to 4:30 VP: 4:30 to 6:30	JVP: 3:00 to 4:30 C/L: 4:30 to 5:00	
Thu	Jan. 5th	B1	<u>Dual @ Riordan</u>		
Fri	Jan. 6th	G1	P: 3:00 to 5:00	<u>Cupertino 2nd Man</u>	
Sat	Jan. 7th		<u>Cupertino Memorial & Apple Cider Classic</u>		
Sun	Jan. 8th				
Mon	Jan. 9th	B2	SH: 2:30 to 3:30 C/L: 3:30 to 4:30 VP: 4:30 to 6:30	JVP: 3:00 to 4:30 C/L: 4:30 to 5:30	
Tue	Jan. 10th	G2	SH: 2:30 to 4:00 C/L: 4:00 to 4:30 VP: 4:30 to 6:30	JVP: 3:00 to 4:30 C/L: 4:30 to 5:00	
Wed	Jan. 11th	B1	SH: 2:30 to 3:30 C/L: 3:30 to 4:30 VP: 4:30 to 6:30	JVP: 3:00 to 4:30 C/L: 4:30 to 5:30	
Thu	Jan. 12th	G1	SH: 2:30 to 4:00 C/L: 4:00 to 4:30 VP: 4:30 to 6:30	JVP: 3:00 to 4:30 C/L: 4:30 to 5:00	
Fri	Jan. 13th	B2	<u>Temecula Valley</u>	P: 3:00 to 5:00 C/L: 5:00 to 5:30	
Sat	Jan. 14th		<u>Temecula Valley</u>	<u>Granada Frosh/Soph/JV</u>	
Sun	Jan. 15th				
Mon	Jan. 16th	OFF	SH: 2:30 to 3:30 C/L: 3:30 to 4:30 VP: 4:30 to 6:30	JVP: 3:00 to 4:30 C/L: 4:30 to 5:30	
Tue	Jan. 17th	G2	<u>Dual vs. Bellarmine</u>		
Wed	Jan. 18th	B1	SH: 2:30 to 3:30 C/L: 3:30 to 4:30 VP: 4:30 to 6:30	JVP: 3:00 to 4:30 C/L: 4:30 to 5:30	
Thu	Jan. 19th	G1	<u>Dual @ Sacred Heart</u> - Leave for Morro Bay		
Fri	Jan. 20th	B2	C.I.T.	JVP: 3:00 to 4:30 C/L: 4:30 to 5:00	
Sat	Jan. 21st		C.I.T.	<u>College Park Frosh/Soph/JV</u>	

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KEY: SH = Study Hall; C/L = Conditioning/Lifting; P = One Practice; JVP = JV Practice; VP = Varsity Practice

VARSITY

JUNIOR VARSITY & FROSH

			VARSITY	JUNIOR VARSITY & FROSH
Mon	Jan. 23rd	G2	SH: 2:30 to 4:00 C/L: 4:00 to 4:30 VP: 4:30 to 6:30	JVP: 3:00 to 4:30 C/L: 4:30 to 5:00
Tue	Jan. 24th	B1	SH: 2:30 to 3:30 C/L: 3:30 to 4:30 VP: 4:30 to 6:30	JVP: 3:00 to 4:30 C/L: 4:30 to 5:30
Wed	Jan. 25th	G1	<u>Dual @ Mitty</u>	
Thu	Jan. 26th	B2	SH: 2:30 to 3:30 C/L: 3:30 to 4:30 VP: 4:30 to 6:30	JVP: 3:00 to 4:30 C/L: 4:30 to 5:30
Fri	Jan. 27th	A2	P: 3:00 to 5:00	<u>Bellarmino Frosh</u>
Sat	Jan. 28th		<u>Overfelt Classic</u>	<u>Bellarmino JV</u>
Sun	Jan. 29th			
Mon	Jan. 30th	B1	SH: 2:30 to 3:30 C/L: 3:30 to 4:30 VP: 4:30 to 6:30	JVP: 3:00 to 4:30 C/L: 4:30 to 5:30
Tue	Jan. 31st	A1	<u>Dual vs. Valley Christian</u>	P: 2:45 to 4:00
Wed	Feb. 1st	B2	SH: 2:30 to 3:30 C/L: 3:30 to 4:30 VP: 4:30 to 6:30	JVP: 3:00 to 4:30 C/L: 4:30 to 5:30
Thu	Feb. 2nd	G2	SH: 2:30 to 4:00 C/L: 4:00 to 4:30 VP: 4:30 to 6:30	JVP: 3:00 to 4:30 C/L: 4:30 to 5:00
Fri	Feb. 3rd	B1	C/L: 3:00 to 4:00 VP: 4:00 to 5:00	JVP: 3:00 to 4:00
Sat	Feb. 4th		NO PRACTICE - run on your own	<u>Freedom Duals</u>
Sun	Feb. 5th			
Mon	Feb. 6th	G1	SH: 2:30 to 3:30 C/L: 3:30 to 4:30 VP: 4:30 to 6:30	JVP: 3:00 to 4:30 C/L: 4:30 to 5:30
Tue	Feb. 7th	B2	<u>Dual vs. Serra</u>	P: 2:30 to 4:00
Wed	Feb. 8th	A2	SH: 2:30 to 3:30 C/L: 3:30 to 4:30 VP: 4:30 to 6:30	JVP: 3:00 to 4:30 C/L: 4:30 to 5:30
Thu	Feb. 9th	B1	SH: 2:30 to 4:00 C/L: 4:00 to 4:30 VP: 4:30 to 6:00	JVP: 3:00 to 4:30 C/L: 4:30 to 5:00
Fri	Feb. 10th	G1	C/L: 3:00 to 4:00 VP: 4:00 to 5:00	JVP: 3:00 to 4:00
Sat	Feb. 11th		<u>WCAL @ Saint Francis</u>	
Sun	Feb. 12th			
Mon	Feb. 13th	B2	SH: 2:30 to 3:30 C/L: 3:30 to 4:30 VP: 4:30 to 6:30	
Tue	Feb. 14th	G2	SH: 2:30 to 4:00 C/L: 4:00 to 4:30 VP: 4:30 to 6:30	
Wed	Feb. 15th	B1	SH: 2:30 to 3:30 C/L: 3:30 to 4:30 VP: 4:30 to 6:00	
Thu	Feb. 16th	G1	SH: 2:30 to 4:00 C/L: 4:00 to 4:30 VP: 4:30 to 6:00	
Fri	Feb. 17th	OFF	P: 11:00AM to 1:00PM C/L: 1:00 to 2:30	
Sat	Feb. 18th		NO PRACTICE - run on your own	
Sun	Feb. 19th			
Mon	Feb. 20th	OFF	C/L: 10:00 to 11:00 VP: 11:00 to 12:30	
Tue	Feb. 21st	B2	C/L: 2:00 to 3:00 VP: 3:00 to 4:30	
Wed	Feb. 22nd	A2	VP: 3:00 to 4:00	
Thu	Feb. 23rd	B1	VP: 3:00 to 4:00	
Fri	Feb. 24th	G1	<u>CCS @ Independence</u>	
Sat	Feb. 25th		<u>CCS @ Independence</u>	
Sun	Feb. 26th			
Mon	Feb. 27th	B2	P: TBA C/L: TBA	
Tue	Feb. 28th	G2	P: TBA C/L: TBA	
Wed	Feb. 29th	B1	P: TBA C/L: TBA	
Thu	Mar. 1st	A3	Leave for Bakersfield	
Fri	Mar. 2nd	W	<u>CIF State Finals (Bakersfield)</u>	
Sat	Mar. 3rd		<u>CIF State Finals (Bakersfield)</u>	<u>(PRACTICE SCHEDULE IS SUBJECT TO CHANGE)</u>