



2017-2018

Parent/Athlete Handbook

Important Phone Numbers:

Coach Joe Eddie Terribilini (Cell) 619-895-2880

Rancho Bernardo High School Main Office 858-485-4800

Ms. Brose, Athletic Director 858-485-4808

Check out Rancho Bernardo Wrestling's website:

www.rbwrestling.org

This site always has valuable information! Please keep your eyes peeled for information. (Updating at this time)

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Ten Commandments of Wrestling

- 1. Thou shall not make excuses**
- 2. Thou shall listen to coaching staff**
- 3. Thou shall not miss practice**
- 4. Thou shall not do other activities to risk injury during wrestling season.**
- 5. Thou shall have team leadership**
- 6. Thou shall not miss weight**
- 7. Thou shall not have poor sportsmanship**
- 8. Thou shall not quit**
- 9. Thou shall not be intimidated**
- 10. Thou shall not forget what parents have done**

Coaching Staff

Joe Eddie Terribilini

Head Coach, 15th Year

619-895-2880 Jterribilini@powayusd.com

Dave Williams

Head Assistant Varsity Coach, 13th Year

619-368-8700

Gerry Abas

Varsity Assistant 2nd year

Alex Martini

Varsity Assistant 10th year

Chris Speziale

Varsity Assistant 8th year

Chris Drouin

Varsity Assistant 5th Year

Jason Kameya

JV Head Coach, 4th Year

Michael Mellor

Assistant Coach, 4th year

Patrick Betters

Assistant Coach 3rd year

Brice Worden bricemworden@gmail.com

858-449-2621

Head Freshman Coach, 3rd Year

RB Alumni

Joey Alarcon

Freshman Assistant Coach 5th year

RB Alumni

Jason Kameya

BHMS Head Coach/Junior Program Coach

4th Year with RB Wrestling

Why wrestle?

Wrestling is the toughest sport there is Period. So why wrestle? The sport of wrestling is the greatest preparation there is for competing in the game of life. A wrestler is the one athlete who must meet their opponent and do battle completely on their own. No one can substitute for you, and time outs are not possible. There is no one to check, screen, block, or assist you in any way. There is no one to pass the ball to, and there is no one to blame for your mistakes but you. When you win, you are expected to display quiet pride and modesty; when you lose, the responsibility is all yours.

Wrestling is a special sport. In other sports, when contact is made, the whistle is blown and the action stops; in wrestling when contact is made, you're just getting started!

No other sport requires more dedication, sacrifice, or self-discipline than wrestling does. Through self denial, the individual wrestler feeds and nurtures his/her character more so than can ever be explained in this handbook. It is something you will carry with you throughout your entire life -- through every trial, test, and tribulation. Wrestling . . . truly teaches life skills and values.

Practice Guidelines

Practice Times: Freshman practice will be daily from 3:00 p.m. to 4:45 p.m. in the wrestling room, which is located behind the gymnasium. Varsity/Varsity-B/Junior Varsity will practice daily from 3:00 p.m. to Completion (Usually 5) in the same location. There will be additional practices held on the first two Saturdays of the season, November 11, and 18th. from 8:00 a.m. to 10:00 a.m for New comers and 10 a.m- noon for Returners.

Practice Dress: Wrestlers are required to wear a long-sleeve shirt (tucked in), shorts, and wrestling shoes to practice. Practice shirts are issued in the spirit pack. Wrestlers are expected to wear practice shirts and black shorts to every practice. **WASH YOUR WORKOUT CLOTHES DAILY -- HAVE CLEAN WORKOUT CLOTHES EVERY DAY!** Once the head gear is issued it must be worn during all wrestling activities: stretching, live wrestling, and drilling.

Practice Attitude: All team members are not only expected to demonstrate superior character on the mat but off the mat as well. The following behaviors will not be tolerated: foul language, horseplay, pranks, bullying or childish stunts which include, but are not limited to, hazing. During demonstrations and discussions, you may take a knee or remain standing. However, upon completion of the demonstration or discussion, you will get right back to work. Once wrestling begins, there is no sitting down. Expect there to be “stance days,” in which all wrestlers will stay in their stance for the entirety of the practice.

Contagious Skin Rashes (Ringworm): Ringworm is a contagious fungus infection that is very common among high school athletes and which spreads quickly. Despite its name, it has nothing to do with worms. The name comes from the flat, red ring or patch that appears on the skin. Fortunately, there are a few simple things that you can do to prevent contracting it: shower immediately after every practice; wear clean, long-sleeved workout shirts to practice; do **not** share towels, clothing, brushes, or any other personal items; and use Selsun Blue or Head & Shoulders shampoo as body soap three times a week. Should you develop any kind of skin rash, bring it to the attention of the coaches and your parents immediately. If you do contract ringworm, you will be required to have a form signed by your physician stating that you are free of the disease before being allowed to compete again. Covering the rash is **NOT** acceptable for competition.

Team Equipment: You are responsible for all equipment issued to you. This also applies to all wrestlers who quit. If you quit the team on a Thursday, the equipment must be returned on Friday. You will be expected to pay for all lost equipment.

Practice Absences: If you are going to be absent from a practice, Contact Coach Terribilini (619-895-2880) before practice begins. After first practice missed a Parent must contact. He checks his messages before every practice so that when practice begins, all wrestlers are accounted for. A call from your parent does not automatically excuse your absence. Absences are deemed excused according to the coaching staff's discretion. Several unexcused absences may result in dismissal from the team.

Pre-arranged Absences: If you know you will miss a practice for an appointment or family function, have your parent contact me in advance. The practice **MUST** be made up in advance to the missed practice. Meet with me to discuss how the missed practice will be

made up. For every one practice that you miss, TWO individual workouts must be completed. Exceptions to this rule will be made on an individual basis.

Injury Policy: Injuries and sports go hand-in-hand. If you become injured, I still expect you to attend practice. Come dressed for practice and do what you can within your limitations (learn moves, drills, conditioning, observe). If you feel your injury is so severe that you cannot participate, contact me. I can use your help running errands and helping out with the other wrestlers. RBHS's trainer, Robbie Bowers, is on staff to see any student with a sports injury. Stop in to see Robbie in the Athletics Office during your lunch break or before wrestling practice. He will give you a time-stamped note with information for me to review. If Robbie is not in his office, do not wait for him. Come to practice, and we will make arrangements for you to see him.

Tournament and Meet Guidelines (Basic Procedures): We are a team, and you must always cheer on your teammates. After every match that you wrestle, you must not show any emotion. WIN OR LOSE. After your match is finished, shake the opposing coach's hand, run off the mat, and go outside and jump rope for 10 minutes.

Dual Meets:

Dual Meet Attire: When you wear your dual meet attire, you are representing the Rancho Bernardo High School Wrestling Team. On all dual meet days, whether home or away, wear your blue button-up team shirt with a black tie, black slacks, black leather belt, and black dress shoes. Keep this attire on all day until weigh-ins. This should be a source of great pride for you.

Home Dual Meets: You are expected to be present at all home dual meets from start to finish. All wrestlers are needed to move the mats to and from the wrestling room, set up the mats, and wash them. Therefore, report to the wrestling room no later than 3:00 p.m. We will hold a pre-weigh-in meeting and a light practice. The actual weigh-in will be about one hour before the dual meet begins, usually 4:00 p.m. to 5:00 p.m. After weigh-ins, change into your singlet and warm ups. Shoes may be put on right before warm-ups.

Away Dual Meets: **ALL WRESTLERS MUST ARRIVE AND LEAVE WITH THE TEAM.** Unless we leave before schools ends, we will meet right after school in the wrestling room to check weight and put on singlets and warm-ups before leaving. Official weigh-in takes place upon arrival at the away site. Shoes may be put on right before warm-ups.

Food: You will not have time to go out for food, fast food or any other kind, so bring a small cooler filled with nutritious snacks – sandwich, juice pack, fresh fruit, cheese, granola bar – but absolutely no junk food!

Tournaments:

Tournament Attire: You are expected to wear to school your RB Wrestling polo shirt every Friday prior to a Saturday tournament as well as to all Saturday tournaments. After weigh-ins, change into your singlet and warm-ups and remain in this for the remainder of the day. You may take your singlet off after you are done wrestling. As stated numerous times, all wrestlers must arrive and leave with the team.

Home Tournament: Each year we host a tournament called the RB Invitational in the RBHS gymnasium. It is held each year on the third Saturday of January which this

year will be on January 20, 2018. We also host a little kids' tournament. This year the little kids tournament is TBD. Help will be required from all wrestlers and parents at both of these events. The tournament director is Coach Terribilini for the High School Tournament and Coach Kameya for the kid's tournament. Please contact them to get information.

Away Tournaments: ALL WRESTLERS MUST ARRIVE AND LEAVE WITH THE TEAM. During one-day tournaments on Saturdays, we meet between 4:30 a.m. and 6:00 a.m. in the circle (exact meeting times will be communicated through e-mail). Wrestling tournaments last all day. We compete in tournaments almost every weekend throughout wrestling season.

Weigh-ins: Weigh-ins will take place as soon as we arrive at the tournament site.

Awards: All wrestlers who place at a tournament must stay for the awards ceremony and wear the team warm-ups to the platform. Always shake the hands of the other award recipients.

Line-up Determinations: The varsity line-up is determined by wrestle offs. Wrestle-off eligibility is determined by the coaching staff. Wrestle offs are held between 3 and 5 times per year. A varsity wrestler must lose two straight matches to the same person to lose their varsity spot.

Lettering Criteria: In order to receive a varsity letter, you must earn 10 varsity points. For each varsity tournament you compete in, you earn 2 points, and for each varsity dual meet you compete in, you earn 1 point.

Academics

All wrestlers are student athletes! Academics always come first. However, missing practice so that you can do your homework is not acceptable. Wrestlers must learn to balance both the school workload and the athletic workload simultaneously.

Academic Eligibility: You must maintain a minimum 2.0 GPA and be passing at least half of classes attempted.

If you are having any difficulties let the coaching staff know, and we will find a wrestler to tutor you. All grades are checked often. RB Wrestling takes great pride in Academics. Our 2016-2017 Team GPA was 3.24 for 65 Athletes.

Weight Management

In past years, wrestling has gotten the reputation for excessive weight reduction. Because of that, a body-fat testing program has been implemented. Before you can be allowed to compete in your first meet, you are tested for body fat percentage, and your lowest weight class is determined. A wrestler's body fat percentage cannot go below 7%, and a wrestler can only lose weight at 1.5% per week.

Some kids will be naturally under 7%. If your body fat percentage is below 7%, you must get a note from the doctor.

DiETING: Keeping the right weight is important. Keep in mind I will never make a kid cut weight. You choose to go to that weight class (within my parameters). It is your responsibility to make the weight. A great website is <http://www.cifstate.org/wrestling/wrdiet.htm>.

Wrestling Weight Classes: 98 (Freshman and JV only), 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, HVY (max 285). All weight classes except 98 get a 2-pound growth allowance after January 15.

Off Season

When the regular season ends, we take about a month off. After that, we move right into our Freestyle/Greco Roman offseason practices which run from April to June, Then camp Season for July-August and pre-season practices which run from August to November.* Practices are two night a week nights from 6:00 p.m. to 8 p.m, except when the team attends summer wrestling camps and during blackout periods. This is all ran through the Rancho Bernardo Wrestling club (RBWC) Regular attendance by all members of the team at these off-season and pre-season practices is imperative if we are to reach our goal of becoming a top-caliber wrestling program. In addition to practices, we attend tournaments and summer league meets during this time. (Exact dates and times will be communicated through e-mails.)

The Frosh-Soph State Meet is the second weekend in March. This event is a great opportunity for our freshmen and sophomores to wrestle at state level.

Camps

As stated above, the team attends several camps together during the summer. Additionally, all wrestlers are encouraged to attend individual camps. Information on summer camps and fundraising opportunities is presented at the end-of-year banquet.

Parent Support

We need all the parent support we can get! Parent involvement is necessary for our elite level program. There are many opportunities throughout the season for parents to help, for example: driving to tournaments, fundraising, assisting at home dual meets and at the RB Invitational, and membership in the Booster Club, which decides how to raise funds for away tournaments, gear and other necessary items. Please e-mail me right away and let me know your interest level in helping. Jterribilini@powayusd.com

Booster Club

It is the goal of Rancho Bernardo Wrestling's Booster Club to see that the financial needs of all of our wrestling programs (RBWC, the junior program (COLTS), middle school program (BHMS) and high school program (RBHS) are met. We are always looking for motivated individuals to serve in positions on the Boosters. PLEASE CONSIDER GIVING OF YOUR TIME AND TALENTS TO SUPPORT YOUR KIDS. Remember -- this is for the youth!

* Subject to change.

Lettering Criteria

- Varsity Starters are selected via wrestle offs and/or Coaches Discretion
- All Letter winners must complete the Varsity Season in good standing.
 - The Varsity season is considered thru the state tournament
 - (Discretion may be made for athletes playing a spring sport)
- To earn a varsity letter Athletes must earn 10 Varsity points
 - Points are earned the following ways:
 - Entry into a Varsity Tournament (2 pts)
 - Entry into a Varsity Dual (1 Pt)
 - Placement at a Varsity Tournament (1 Pt)
 - Making the Post-season line-up (3 Pts)
- Wrestler must stay in good academic and behavior standing for the entire season
- Note: All athletes are subject to coaches discretion on earning a varsity wrestler

Expectations / Standards Defined

1. As a member of the wrestling team, you must be eligible according to the Rancho Bernardo High School Athletic Code and PUSD Academic eligibility requirements.
2. If you are in school you are expected to be at practice. If you need to miss a practice or will be late for practice, you must inform Coach Terribilini ahead of time. Leave a message on my cell phone listed in the phone numbers section. Wrestlers with temporary injuries are still expected to be at practice.
3. No physical contact without a coach present.
4. Please shower everyday after practice. Wash your practice gear, including headgear daily, and never wear your wrestling shoes outside of the wrestling room.
5. Injuries occur when athletes are involved in “horseplay.” To protect yourself from injury, do not initiate or become involved in any “horseplay” at any time.
6. Report all injuries to a coach at any time, no matter how minor the injury may be.
7. You will be a role model in the classroom, around school, at all events, and in the community. Being a Bronco Wrestler gives you the responsibility of representing it with pride. Your actions reflect your team.
8. All team, practice, bus, and school rules will be followed at all times.
9. Unwholesome activities will not be tolerated. Use of tobacco, drugs, alcohol, and profanity has no place in our sport. Non-compliance will be dealt with harshly.
10. You must wear appropriate attire when we travel to away meets. See meet guidelines page in handbook.
11. Most matches are won in the practice room. Practice how you would like to compete!
12. You must be within 5 pounds of your desired weight to challenge for that spot. Only #1 JV can challenge for Varsity.
13. Coaches reserve the right to wrestle anyone in any spot at any time regardless of who is Varsity and who is JV. Sometimes we “bump” the line up in order to win matches.
14. Have a current Doctor’s note for any non-contagious skin lesion or what may appear to be a skin lesion.

I fully understand the lettering criteria and the team rules above.

Parent Signature

Athlete Signature

RB Wrestling Core Covenants!

What we are about and what it looks like!

PROGRAM MOTTO		WE Can...We Will...We Must...BE		
Covenant: an agreement, usually formal, between two or more persons to do or not do something specified.		Mentally Tough	Pride	Confident
BOTTOM LINE: DON'T LET YOUR TEAMMATES DOWN!		A Rancho Bernardo Wrestler is Mentally tough at (a)....By...	A Rancho Bernardo Wrestler has pride in the program at /in(a)....By...	A Rancho Bernardo Wrestler shows confidence at (a)....By...
What it looks like at:	Practice	1. Never letting set backs effect a perfect practice. (I.E being on time) 2. Always staying positive when practice get tough. 3. Avoiding the "easy" way. Always working hard and consistent. EVERYTIME	1. Always Maintaining the room to the standard of the program. 2. Encouraging teammates to always do the right thing in practice (Positive Encouragement) 3. DOING EVERYTHING THE RIGHT WAY THE FIRST TIME.	1. Never settling for less then the best outcome possible in a practice. 2. never backing down or 'Going easy on teammates. 3. Never settle for being taken down or beaten. ALWAYS BATTLING!
	Dual Meet	1. Always being in the right uniform, or weight and at the right spot at the right time. 2. WINNING EVERY 3rd Period 3. Not showing any emotion win or lose.	1. Always maintaining the good of the team. The team outcome is all that matters! 2. Staying in school gear and with the team for the entirety of the dual. 3. Never being "palm-up-guy" and taking on all challenges with Bronco Wrestling Pride.	1. Taken on any Opponent and never letting down or not performing. 2. Doing all warm-ups and drill to the standards of the team. 3. Always knowing that the team can overcome any obstacle. Beat anyone with RB Pride.
	Tournament	1. Being on weight the night before and not settling for last minute cutting of weight. 2. Keeping the team together with the goal of winning everything we set foot inside. 3. Staying in the tournament even when it may have not gone your way! SUPPORT THE TEAM!	1. Always supporting teammates and making sure every action is in the best interest of the team. 2. Wearing the uniform of the tournament for its entirety. 3. Representing the program on the mat off the mat, in staging and in warm ups.	1. Always knowing that you can overcome any obstacle. (I.e Conso Bracket, down in a match) 2. Supporting teammates in any situation. Team is always FIRST! 3. Believing and showing that one can get bonus in every match.
	Home	1. Avoiding conflict at home that may effect the season. 2. Completing all items needed right away. (I.e Homework, Chores) 3. Making the right food choices in order to create the machine of a champion.	1. Washing the uniform after every tournament so it maintains the perfect appearance. 2. getting the appropriate sleep at night in order to show your team pride at practice and in a match. 3. Keeping your social media sites to only emulate a person of pride for the program.	1. Talking only in a positive tone when around parents and family. 2. Trustful that teammates are always doing the right thing and you are the example. 3. Knowing of the plan and how personal time effect the ultimate goal.
	School	1. Always being on time in the right seat and doing the right thing. (NO EXCUSES) 2. Avoiding hanging out with the people that have the bad reputation. 3. By giving all teachers the respect is deserved by what they do for you! Yes sir...Yes Maram..	1. Keeping the campus clean of the trash you might drop and the trash others do drop. 2. Taking pride in Team GPA. Not only your own but helping teammates to bring up their grades. 3. Gathering the school to come support the team at all matches.	1. Making the standard on grades of A's or A's! Nothing less. 2. Being a positive role model for all to emulate. 3. Being able to help others do the right thing. Even if it's a friend.
	Community	1. No letting peer pressure lead one into bad decisions. 2. By going above and beyond to make the community a better place for all. 3. Remembering perception is reality and not letting any bad preceptions be made of you or the program.	1. Understanding that the Team's name Starts with RB. So take pride in the community 2. Always wearing the wrestling teams gear in the a positive manner. 3. By sharing positive experiences in the program with people in the community.	1. Being able to do the right thing even when peers are not! 2. Appreciating the community and all of it amenities. 3. That no matter where you are that every teammate will be doing the right thing at the time!

Basic Wrestling Facts

There are five ways to score points in a wrestling match:

- 1) **Takedown** (2 points): You score two points for taking your opponent down to the mat and controlling him/her.
- 2) **Escape** (1 point): You score one point for getting away or getting to a neutral position when your opponent has you down on the mat.
- 3) **Reversal** (2 points): You score two points when your opponent has you down on the mat and you come from underneath and gain control of your opponent.
- 4) **Near Fall** (back points) (2 or 3 points): You get near fall points when you almost but not quite get your opponent pinned. A near fall (near pin) is when both shoulders are held for two seconds within four inches of the mat, or one shoulder touches the mat and the other shoulder is at a 45 degree angle coming down to the mat, or the wrestler is held in a high bridge or back on both elbows.
- 5) **Penalty Points** (1 or 2 points): Your opponent is awarded points if you commit the following infractions:
 - a) **Illegal Holds**: There are several holds that the referee will penalize you for without warning. (There are other holds called “potentially dangerous holds,” which the referee might make you let go of but will not penalize you for.)
 - b) **Technical Violations**:
 - i) Going off the mat to avoid wrestling (“fleeing the mat”).
 - ii) Grabbing clothing, the mat, or the headgear.
 - iii) Incorrect starting position or false start (you get two cautions before points are awarded).
 - iv) Locked or overlapped hands: If you are down on the mat in control of your opponent, you cannot lock or overlap your hands, fingers or arms around your opponent’s body or both legs unless you have your opponent in a near pin, or your opponent stands up and has all his/her weight on two feet.
 - v) Leaving the mat during the match without the referee’s permission.
 - vi) Figure 4 head scissors from the neutral position.
 - vii) Unnecessary roughness.
 - viii) Unsportsmanlike conduct.
 - ix) Flagrant misconduct: ejection, the match is over.
 - x) Stalling: you get one warning before you are penalized and points are awarded.

The first and second time you are penalized, your opponent is awarded one point. The third time you are penalized, your opponent is awarded two points. The fourth time you are penalized, you are disqualified (except for illegal starting position or false start – you are cautioned twice, then one point awarded for each infraction, but you will not be disqualified).

These rules apply to the type of wrestling done in the United States in college, high school, middle school, and most youth wrestling. This type of wrestling is often referred to as “folkstyle” wrestling. The rules for “freestyle” and “Greco-Roman” wrestling, as is done in the Olympics and internationally, are a little different.

Dual Meet Team Scoring:

- 1) **Fall, Forfeit, Default, Disqualification**: 6 team points.
- 2) **Technical Fall** (getting ahead of your opponent by 15 points ends the match): 5 team points.
- 3) **Major Decision** (winning the match by 8 to 14 points): 4 team points.
- 4) **Decision** (winning the match by fewer than 8 points): 3 team points

BRONCO ATHLETICS

RANCHO ■ BERNARDO ■ HIGH ■ SCHOOL



VARSITY WRESTLING 2017-2018

DATE	DAY	OPPONENT	LOCATION	TIME
Nov 29th	Weds	Vista Dual	RBHS	7:00
Dec 1-2	Fri-Sat	Liberty Duals (A)	Peoria AZ	9:00
Dec 8-9	Fri-Sat	<i>Walsh Iron Man Invit(A)</i>	<i>Cuyahoga Ohio</i>	7:00
Dec 8-9	Fri-Sat	<i>Hamada Classic (A)</i>	<i>LCC</i>	TBD
Dec 15-16	Fri-Sat	El Cajon Invitational	San Ysidro	TBD
Dec 28-29	Thursday-Fri	Sierra Nevada Classic (A)	Reno Nv.	TBD
Jan 5-6	Fri-Sat	Doc Buchanan (A)	Buchanan HS	
Jan 11	Thursday	Del Norte	RBHS	7:00
Jan 12-13	Fri-Sat	5 Ctys	RVHS	TBD
Jan 17	Wednesday	Poway	RBHS	7:00
Jan 20	Sat	Rancho Bernardo 10-Way (B)	RBHS	9:00
Jan 25	Thurs	Westview	WVHS	7:00
Jan 26-27	Fri-Sat	Holtville Tournament	HHS	TBA
Feb 1	Thursday	Mt. Carmel	MCHS	7:00
Feb 10 th	Saturday	CIF DUALS	RBHS (Tent)	9:00
Feb 17 th	Saturday	CIF		9:00
Feb 23-24	Friday-Sat	Masters	TBD	
Mar 2-3	Fri-Sat	State	Rabobank Arena Bakersfield	
TBD	TBD	NHSCA NATIONALS	Virginia Beach Va.	

VARSITY COACH
Asst. Head Coach
Asst. Coaches

Joe Eddie Terribilini
Dave Williams
Gerry Abas, Chris Speziale, Chris Drouin, Alex Martini,
Patrick Betters

SCHEDULE SUBJECT TO CHANGE



BRONCO ATHLETICS

RANCHO ■ BERNARDO ■ HIGH ■ SCHOOL



JV WRESTLING 2017-2018

DATE	DAY	OPPONENT	LOCATION	TIME
Nov 29th	Thurs	Vista Dual	RBHS	5:30
Dec 2	Sat	Valhalla JV Tournament	Valhalla	9:00
Dec 9 th	Sat	Granite Hills JV Duals	GHHS	9:00
Dec 16 th	Sat	San Pasqual JV tournament	SPHS	9:00
Jan 11	Thursday	Del Norte	RBHS	5:30
Jan 13	Saturday	Londos Tournament (B)	OGHS	9:00
Jan 17	Wednesday	Poway	RBHS	5:30
Jan 20	Sat	Rancho Bernardo 10-Way (B)	RBHS	9:00
Jan 25	Thurs	Westview	WVHS	5:30
Jan 27	Sat	JV Counties	MCHS	9:00
Feb 1	Thursday	Mt. Carmel	MCHS	5:30

JV COACH: Jason Kameya
Asst. Coaches:



SCHEDULE SUBJECT TO CHANGE

BRONCO ATHLETICS

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FRESHMAN WRESTLING 2017-2018

DATE	DAY	OPPONENT	LOCATION	TIME
Nov 29th	Weds	Vista Dual	RBHS	5:30
Dec 2	Sat	Valhalla JV Tournament	Valhalla	9:00
December 9 th	Sat	RBV Freshman	RBVHS	9:00
Dec 16 th	Sat	Vista Freshman Bash	VHS	
Jan 11	Thursday	Del Norte	RBHS	5:30
Jan 13	Saturday	Eastlake Dual Tournament	ELHS	9:00
Jan 17	Wednesday	Poway	RBHS	5:30
Jan 20	Sat	SoCal Championships	LCCHS	9:00
Jan 25	Thurs	Westview	WVHS	5:30
Feb 1	Thursday	Mt. Carmel	MCHS	5:30
Feb 3	Sat	<i>Freshman Counties</i>	MCHS	9:00

FRESHMAN COACH: Brice Worden
 Asst. Coaches:

