

Wrestling Calendar						
Wrestling PE	Small Group	RBWC HS	RBWC Youth	HS Tourney	Youth Tourney	All level Tourney
		Program Clinic/Camp		Kids off		
August						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11	12 Colts 630-8 (SS) Jet 10am	13	14 Colts 630-8 (SS)	15	16	17 End Summer Season
			Clinic Week 8 Clinic 1030-1230 / Lifting 1245-130 Chris Pendelton (Head Coach Oregon State)		EOS Beach Day	
Summer Series Week 7						
18	19	20	21 21 1st day school	22	23	24
Kids off Mat week						
			804	Strength Test	Strength Test	
25	26	27	28	29	30	31
	Strength Test SG 2 and 3 Colts 6-8	Weights/Stance work HS 6-8	Classroom SG 1 and 4 Colts 6-8	Weights/Conditioning HS 6-8	Wrestle/Endurance	
September						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	NO SCHOOL SG 2 and 3 Colts 6-8	Weights/Stance work HS 6-8	Classroom SG 1 and 4 Colts 6-8	Weights/Conditioning HS 6-8	Wrestle/Endurance	Super 32 Qualifier and Pre-season Kick off
8	9	10	11	12	13	14
	Wrestle/Endurance SG 2 and 3 Colts 6-8	Weights/Stance work HS 6-8	Classroom SG 1 and 4 Colts 6-8	Weights/Conditioning HS 6-8	Wrestle/Endurance	
15	16	17	18	19	20	21
	Wrestle/Endurance SG 2 and 3 Colts 6-8	Weights/Stance work HS 6-8	Classroom SG 1 and 4 Colts 6-8	Weights/Conditioning HS 6-8	Wrestle/Endurance	
22	23	24	25	26	27	28
	Wrestle/Endurance SG 2 and 3 Colts 6-8	Weights/Stance work HS 6-8	Classroom SG 1 and 4 Colts 6-8	Weights/Conditioning HS 6-8	Wrestle/Endurance	Spook Fest Temecula Valley
29	30					
	No School SG 2 and 3 Colts 6-8					

Wrestling Calendar

BHMS	Program Practice	High School only	Youth Colts/Xtreme	HS Tourney	Youth Tourney	All level Tourney
Wrestling PE			Girls Tournament	Kids off		

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Endurance/Conditioning	2 Classroom	3 Endurance/Conditioning	4 Wrestle/Flexibility	5
		HS 6-8	SG 1 and 4 Colts 6-8	HS 6-8		
6	7 Wrestle/Agilities	8 Endurance/Conditioning	9 Classroom	10 Endurance/Conditioning	11 Wrestle/Flexibility	12
	SG 2 and 3 Colts 6-8	HS 6-8	SG 1 and 4 Colts 6-8	HS 6-8		
13	14 Wrestle/Agilities	15 Endurance/Conditioning	16 Classroom	17 Endurance/Conditioning	18 Wrestle/Flexibility	19
	SG 2 and 3 Colts 6-8	HS 6-8	SG 1 and 4 Colts 6-8	HS 6-8		FreakShow
20	21 Wrestle/Agilities	22 Endurance/Conditioning	23 Classroom	24 Classroom	25 No Class	26
	SG 2 and 3 Colts 6-8	HS 6-8	SG 1 and 4 Colts 6-8	HS 6-8		Freak Show
	Colts 6-8	HS 6-8	Colts 6-8	HS 6-8		Haloween open
27	28 No School	29 Strength Test	30 Classroom	31 Strength Test		
	SG 2 and 3 Colts 6-8	HS 6-8	SG 1 and 4 Colts 6-8	HS 6-8		
	Colts 6-8	HS 6-8	Colts 6-8	HS 6-8		Haloween open

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Strength Test	2 Coaches Social
3	4	5	6	7	8	9
						HS Season Begins
Off Mat Week						
10	11 HS 4-6 YOUTH Winter	12 HS 4-6 YOUTH Winter	13 HS 4-6 YOUTH Winter	14 HS 4-6 YOUTH Winter	15 HS 4-6	16 HS 8-10