

# November 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 6:15-8:00am on mats Wt cert after school	2 6:15-8:00am on mats	3 6:15-8:00am on mats Watch Cal Poly in SLO TBA	4
5	6 6:15-8:00am on mats	7 6:15-8:00am on mats	8 6:15-8:00am on mats Parent mtg 5:30-6:30 Rm 301	9 6:15-8:00am on mats	10 8:00-10:00 am on mats	11
12	13 6:15-8:00am on mats	14 6:15-8:00am on mats Mindset 4:15-5:15pm room 301	15 6:15-8:00am on mats	16 6:15-8:00am on mats	17 6:15-8:00am on mats	18 Ranger Shoot out (Girls)
19 Thanksgiving week No School	20 8:00-10:00 On Mats 10:00-11:00 Weights	21 8:00-10:00 On Mats	22 Lemoore Duals (Boys)	23 Thanksgiving Turkey Trot	24 OFF	25
26	27 6:15-8:00am on mats	28 6:15-8:00am on mats	29 6:15-8:00am on Mats Lady Madera tourney	30 6:15-8:00am on mats		

\*\*\*Mindset session, 1<sup>st</sup> session 11/14  
Remainder to be determined

## Returners

# December 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b> 6:15-8:00am on mats Set up Old Dutch PM	<b>2</b> Old Dutch
<b>3</b>	<b>4</b> 6:15-8:00am on mats	<b>5</b> 6:15-8:00am on mats	<b>6</b> 6:15-8:00am on mats Morro Bay Dual	<b>7</b> 6:15-8:00am on mats	<b>8</b> 6:15-8:00am on mats Travel	<b>9</b> Elk Grove Cabrillo JV Duals
<b>10</b>	<b>11</b> 6:15-8:00am on mats	<b>12</b> 6:15-8:00am on mats	<b>13</b> 6:15-8:00am on mats Santa Maria Dual	<b>14</b> 6:15-8:00am on mats	<b>15</b> Zinkin If not traveling practice 4:15-6:00	<b>16</b> Zinkin RHS JV Duals Muon Tourney
<b>17</b> Winter Break No School	<b>18</b> 8:00-10:00 On Mats 10:00-11:00 Weights	<b>19</b> 8:00-10:00 On Mats	<b>20</b> 8:00-10:00 On Mats 10:00-11:00 Weights	<b>21</b> 8:00-10:00 On Mats	<b>22</b> 8:00-10:00 On Mats 10:00-11:00 Weights	<b>23</b>
<b>24</b>	<b>25</b> Christmas	<b>26</b> 8:00-10:00 On Mats 10:00-11:00 Weights	<b>27</b> 8:00-10:00 On Mats	<b>28</b> Brittany David 8:00-10:00 am	<b>29</b> Lou Bronzan	<b>30</b> Lou Bronzan
<b>31</b>						

Returners

# January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 8:00-10:00 On Mats 10:00-11:00 Weights	<b>2</b> 8:00-10:00 On Mats 10:00-11:00 Weights	<b>3</b> 8:00-10:00 On Mats Atascadero Dual	<b>4</b> 8:00-10:00 On Mats	<b>5</b> Redwood Tourney If not traveling 8:00-10:00	<b>6</b> Redwood Tourney RHS JV invite CA Girls Invite
<b>7</b>	<b>8</b> 6:15-8:00am on mats	<b>9</b> 6:15-8:00am on mats	<b>10</b> 6:15-8:00am on mats AG Dual	<b>11</b> 6:15-8:00am on mats	<b>12</b> Temecula Santa Ynez Lady Apache	<b>13</b> Temecula Santa Ynez Lady Apache
<b>14</b>	<b>15</b> 6:15-8:00am on mats	<b>16</b> 6:15-8:00am on mats	<b>17</b> 6:15-8:00am on mats	<b>18</b> 6:15-8:00am on mats	<b>19</b> Ayala CIT	<b>20</b> Ayala CIT Paso JV
<b>21</b>	<b>22</b> 6:15-8:00am on mats	<b>23</b> 6:15-8:00am on mats	<b>24</b> 8:00-10:00 On Mats Paso Dual	<b>25</b> 8:00-10:00 On Mats	<b>26</b> 8:00-10:00 On Mats	<b>27</b> SM JV
<b>28</b>	<b>29</b> 6:15-8:00am on mats	<b>30</b> 6:15-8:00am on mats	<b>31</b> 6:15-8:00am on mats Pioneer Dual			

Returners