

November 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 4:15-5:15 Mats 5:15-6:00 weights	2 4:15-5:45 Mats	3 4:15-5:15 Mats 5:15-6:00 weights	4 4:15-5:5:45 Mats	5 TCWA @ RHS
6	7 3:00-4:30pm on mats	8 4:15-5:15 Mats 5:15-6:00 weights	9 4:15-5:45 Mats	10 4:15-5:15 Mats 5:15-6:00 weights	11 10:00-12:00 Mats	12 Weight certification 11am RHS
13	14 3:00-4:30pm on mats 4:30-5:00 mindset	15 5:30 Parent mtg room 301 Scrimmage 6-8pm	16 4:15-5:45 Mats	17 4:15-5:15 Mats 5:15-6:00 weights	18 4:15-5:5:45 Mats	19 Girls @ Pacifica
20 Thanksgiving week No School	21 10:00-12:00 On mats	22 SMHS Novice Boys/girls	23 Lemoore Duals	24 Thanksgiving Turkey Trot	25 OFF	26
27	28 3:00-4:30pm on mats 4:30-5:00 mindset	29 4:15-5:15 Mats 5:15-6:00 weights	30 4:15-5:45 Mats			

December 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 4:15-5:15 Mats 5:15-6:00 weights Girls Lady Chuckchansi	2 4:15-5:5:45 Mats	3 Help at Old Dutch
4	5 3:00-4:30pm on mats 4:30-5:00 mindset	6 4:15-5:15 Mats 5:15-6:00 weights	7 PV Dual @ PVHS	8 4:15-5:15 Mats 5:15-6:00 weights	9 4:15-5:5:45 Mats	10 RHS JV Duals
11	12 3:00-4:30pm on mats 4:30-5:00 mindset	13 4:15-5:15 Mats 5:15-6:00 weights	14 3:15-4:45	15 1:15- 2:45	16 Santa Ynez JV Duals	17
18	19 10:00-12:00 On mats	20 9:00-10:00 Weights 10:00-12:00 On mats	21 10:00-12:00 On mats	22 9:00-10:00 Weights 10:00-12:00 On mats	23 OFF	24
25	26 OFF	27 OFF	28 9:00-10:00 Weights 10:00-12:00 On mats	29 9:00-10:00 Weights 10:00-12:00 On mats	30	31