

1/19- Picture day

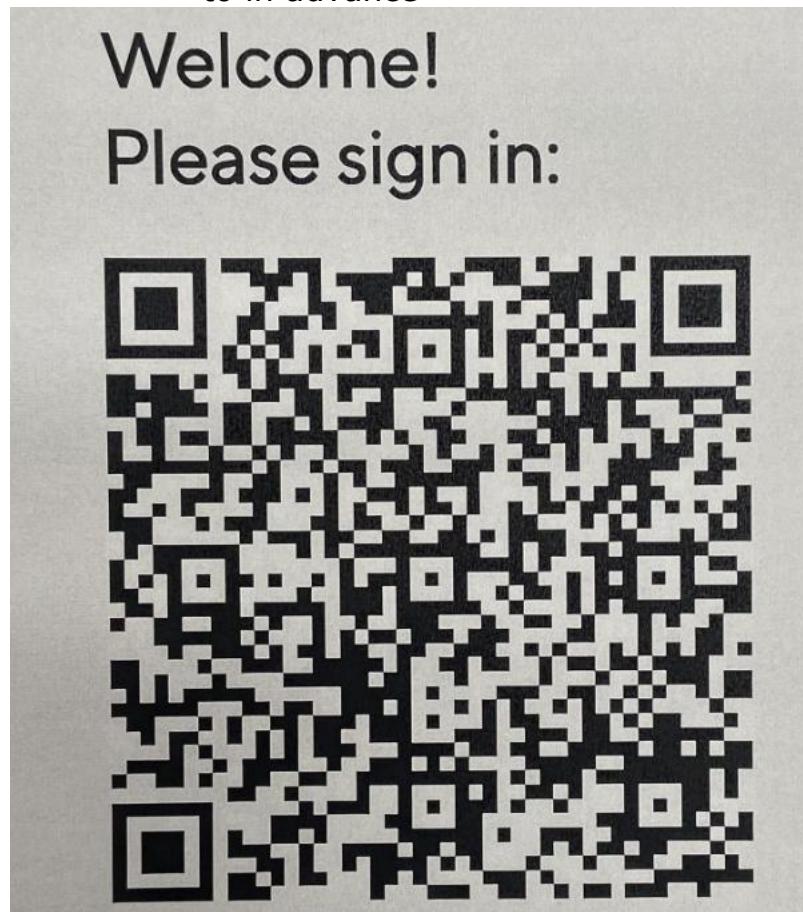
- Returners practice 8-10, weights 10:00-11:00am
- Beginners 10:00-11:30
- Photos start at noon
 - Team pictures 1st, individuals 2nd
 - If you want photos bring your order form and \$. Order forms on band app, also we have printed copies available at practice.

Dual 1/22 Assembly dual at Paso

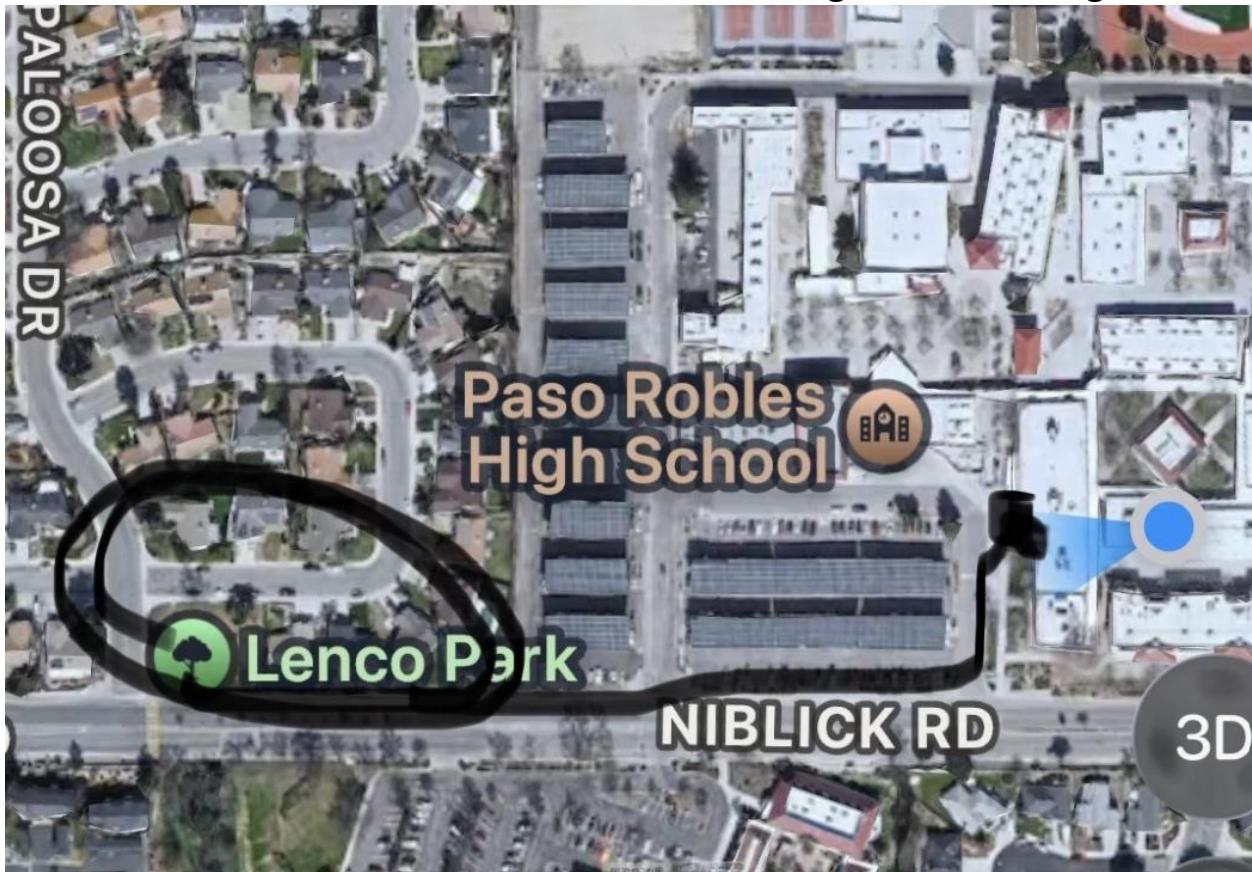
- **Location:** Paso HS
- Meet in wrestling room **after 3rd period 11:25**

Competition info:

- **1pm** Weigh in
- **2:00pm** Varsity boys
- JV Boys, followed by Varsity girls
- Important
 - Spectators must check in as visitors to attend. Use this QR code to in advance



- Parking will be full at school, it is recommended you park and walk to school



Varsity Boys Tournament: CIT

Dates: 1/23-24

Location: Morro Bay High School 235 Atascadero rd, CA 93442

Travel Info:

- We will travel from Paso dual to hotel in Morro Bay
- Wrestlers will be provided food after weigh ins. They are responsible for all other meals.

Hotel: Harbor House Inn Morro Bay 1095 Main st. Morro Bay CA

Tournament Info: All weights are CIF growth allowance +1. $106 = 109$

Friday +1 -Weigh ins - 7:00am/ wrestle 9:00 am

Saturday +2 -Weigh ins - 7:00am/ wrestle 9:00 am

What to bring:

- Singlet, headgear, shoes, shower supplies, money for food