

Ponderosa High School
 3661 Ponderosa Road, Shingle Springs, CA 95682-9460
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Superintendent Steve Wehr	Principal Lisa Garrett	Mascot Bruins	Athletic Director Tyson Escobar
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2016-2017 Ponderosa Bruins Wrestling Schedule

DAY	DATE	EVENT	OPPONENT	LOCATION	TIME	DISMISSAL	DEPARTURE
	11/7/2016	Practice Begins		Wrestling Room	3:00 PM		
	11/17/2016	Hydration Testing		Locker Room	3:00 PM		
	11/17/2016	Parent Meeting		PHS - Theater	6:00 PM		
	11/30/2016	PHS Scrimmage	Varsity Scrimmage	Ponderosa High School	5:00 PM		
	12/2/2016	Ponderosa Duals	Varsity Tournament	Ponderosa High School	9:00 AM		
Wednesday	12/7/2016	CVC Dual Meet	*Antelope High School	Antelope High School	6:00 PM		
	12/10/2016	Curt Mettler Invitational	Varsity Tournament	Elk Grove High School	9:00 AM		
	12/10/2016	Mountain Man Invitational	JV Tournament	El Dorado High School	9:00 AM		
Wednesday	12/14/2016	CVC Dual Meet	*Cosumnes Oaks High School	Ponderosa High School	6:00 PM		
	12/17/2016	Marty Manges Invitational	Varsity Tournament	Casa Roble High School	9:00 AM		
	12/17/2016	Wildcat Invitational	JV Tournament	Whitney High School	9:00 AM		
Wednesday	12/21/2016	CVC Dual Meet	*Whitney High School	Ponderosa High School	6:00 PM		
	12/22/2016	Varsity Tournament	Varsity Tournament	Liberty High School	9:00 AM		
	12/23/2016	Varsity Tournament	Varsity Tournament	Liberty High School	9:00 AM		
	12/29/2016	West Albany Duals	Varsity Tournament	West Albany, OR	9:00 AM		
	12/30/2016	West Albany Duals	Varsity Tournament	West Albany, OR	9:00 AM		
	1/6/2017	Doc Buchanan Invitational	Varsity Tournament	Clovis High School	9:00 AM		
	1/6/2017	Joe Rios Invitational	Varsity Tournament	Chico High School	9:00 AM		
	1/7/2017	Doc Buchanan Invitational	Varsity Tournament	Clovis High School	9:00 AM		
	1/7/2017	Joe Rios Invitational	Varsity Tournament	Chico High School	9:00 AM		
	1/7/2017	Vista JV Tournament	JV Tournament	Vista del Lago High School	9:00 AM		
Tuesday	1/10/2017	CVC Dual Meet	*Del Campo High School	Del Campo High School	6:00 PM		
	1/13/2017	Tim Brown Invitational	Varsity Tournament	Memorial Auditorium	9:00 AM		
	1/14/2017	Tim Brown Invitational	Varsity Tournament	Memorial Auditorium	9:00 AM		
	1/14/2017	Golden Sierra Invitational	JV Tournament	Golden Sierra High School	9:30 AM		
Wednesday	1/18/2017	CVC Dual Meet	*Oakmont High School	Ponderosa High School	6:00 PM		
	1/21/2017	Dirty 530 Duals	Dual Tournament	Ponderosa High School	11:00 AM		
Wednesday	1/25/2017	CVC Dual Meet	*Roseville High School	Ponderosa High School	6:00 PM		
	1/28/2017	Silverback Tournament	JV Tournament	Elk Grove High School	9:00 AM		
Tuesday	1/31/2017	CVC Dual Meet	*Bella Vista High School	Bella Vista High School	6:00 PM		
	2/4/2017	Team Sections	Varsity Tournament	Lincoln, Stockton	9:00 AM		
Saturday	2/11/2017	League	*CVC League Tournament	Antelope High School	6:00 PM		
	2/17/2017	Divisionals	Varsity Tournament	Antelope High School	9:00 AM		
	2/18/2017	Divisionals	Varsity Tournament	Antelope High School	9:00 AM		
	2/24/2017	Masters	Varsity Tournament	Stockton Arena	9:00 AM		
	2/25/2017	Masters	Varsity Tournament	Stockton Arena	9:00 AM		
	3/4/2017	CIF State	Varsity Tournament	Bakersfield, CA	9:00 AM		
	3/4/2017	CIF State	Varsity Tournament	Bakersfield, CA	9:00 AM		
	3/11/2017	Grade State	Varsity Tournament	Lemoore, CA	9:00 AM		
	4/20/2017	Banquet		PHS - Cafeteria	6:00 PM		

Practice Time: 3:00 - 5:00 pm

Dead Period: October 17 - November 6
 Practice Begins: 7-Nov
 First Scrimmage: 19-Nov
 First Contest: 25-Nov
 Last Contest - Dual: 1-Feb
 Last Contest - Indv.:

Dual Meet Start Times

Weigh-In: 5:00 PM
 Start Time JV: 6:00 PM
 Varsity to start 10 minutes after conclusion of JV match.

*=League Event

Head Coach: Tyson Escobar	Assistant Coach: John Garcia
Co-Head Coach: Soren Murphy	Assistant Coach: Richard Fox