

HEALDSBURG WRESTLING



Healdsburg High School

1024 Prince St. Healdsburg, CA. 95448

Ph. (707)431-3420

Fax (707)431-3467

www.HEALDSBURGWRESTLING.com

2007/08 Wrestling Schedule

<u>Day</u>	<u>Date</u>	<u>Event/Opponent</u>	<u>Place</u>	<u>Time</u>	<u>Weigh-ins</u>	<u>Depart</u>
Mon.	Nov. 5	First day of practice	Cafeteria (Wrestling room)	3:30pm		
Wed.	Nov. 28	Montgomery & Middletown (Scrimmage)	Home - Wrestling room	4:00pm	N/A	---
Sat.	Dec. 1	Redwood Empire Novice Tournament (JV)	Home - SR Gym & Frost Hall	9:00am	7:00am	
Wed.	Dec. 5	Piner & Rancho Cotate (Scrimmage)	Piner H.S. (Santa Rosa)	4:00	N/A	3:30pm
Sat.	Dec. 8	San Marin Green and Gold Inv. (V)	San Marin H.S.	9:00am	7:00am	5:30am
Sat.	Dec. 8	JV Tournament (JV)	TBA	9:00am	6:30am	7:00am
Wed.	Dec. 12	Maria Carrillo (V/JV)	Maria Carrillo HS (Santa Rosa)	6:00pm	5:00pm	3:45pm
Sat.	Dec. 15	Casa Roble Marty Manges Tournament (V)	Casa Roble H.S. (Orangevale)	9:00am	7:00am	4:45am
Thurs.	Dec. 20	◆ El Molino (V&JV)	Home - Wrestling room	6:00pm	5:00pm	---
Sat.	Dec. 22	Healdsburg Duals Team Tournament (V)	Home - SR Gym & Frost Hall	9:00am	7:00am	---
Sat.	Dec. 22	Healdsburg JV Tournament (JV)	Home - SR Gym & Frost Hall	9:00am	7:00am	---
Wed.	Jan. 2	◆ Sonoma (V&JV)	Sonoma H.S.	6:00pm	5:00pm	3:30pm
Fri/Sat	Jan. 4/5	Clovis Doc Buchanan Tournament (V)	Clovis H.S. (Clovis)	9:00am	7:00am	Thurs
Wed.	Jan. 9	◆ Petaluma (V&JV)	Home - Wrestling Room	6:00pm	5:00pm	---
Sat.	Jan. 12	Windsor King of the Mat Tourney (V)	Windsor H.S.	9:00am	7:00am	5:45am
Sat.	Jan. 12	Montgomery Viking JV Tournament	Montgomery H.S.	9:00am	7:00am	5:45am
Wed.	Jan. 16	◆ Casa Grande (V&JV)	Casa Grande H.S. (Petaluma)	6:00pm	5:00pm	3:30
Fri/Sat	Jan. 18/19	Tim Brown Memorial Foothill Tournament (V)	Foothill H.S (Sacramento)	9:00am	7:00am	Thurs
Wed.	Jan. 23	◆ Windsor (V&JV)	Home - SR Gym	6:00pm	5:00pm	---
Sat.	Jan. 26	Maria Carrillo Tournament (V)	Maria Carrillo HS (Santa Rosa)	9:00am	7:00am	5:45am
Sat.	Jan. 26	Rodriguez JV Tournament (JV)	Rodriguez HS (Fairfield)	9:00am	7:00am	5:00am
Sat.	Feb. 2	Ukiah JV Duals Team Tournament (JV)	Ukiah H.S.	9:00am	7:00am	5:30am
Wed.	Feb. 6	◆ Analy (V&JV)	Analy H.S. (Sebastopol)	6:00pm	5:00pm	3:45pm
Sat.	Feb. 9	♣ N.C.S. Team Dual Championships (V)	Windsor H.S.	9:00am	7:00am	6:00am
Sat.	Feb. 16	S.C.L. Championships (V&JV)	Petaluma H.S	9:00am	7:00am	5:30am
Fri/Sat.	Feb. 22/23	North Coast Section Championships (V)	Newark Memorial H.S. (Newark)	10:00am	7:00am	Thurs
Fri/Sat	Mar 1/2	C.I.F. State Championships	Bakersfield	10:00am	7:00am	Thurs

◆ Denotes SCL league match

♣ Team must qualify to be eligible to attend

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Note: All home matches are in bold text

Head Coach: Scott Weidemier

(707)433-0492 home (707)963-7115 work

JV Coach: Mike Sutton

Asst. Coach: Wayne Rogers, Jason Tostado



Principal: John Curry

Athletic Director: Jenean Bingham

School Phone: (707)431-3420

School colors: Cardinal & Black

School mascot: Greyhound