

24-25 ACMS Wrestling

Coach Martinezmoles

Coach Whitworth

Updated 11/18/24

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DEC. 2 Practice in GYM 1:30 to 3:30 Mandatory 1st practice	3 Practice in MP 2:45 to 4:45	4 Practice in MP 2:45 to 4:45 Make up Parent Meeting 6PM in MP	5 Practice in MP 2:45 to 4:45	6 NO PRACTICE	7 Smedberg MS Tournament Elk Grove
9 Practice in MP 2:45 to 4:45	10 Practice in MP 2:45 to 4:45	11 Practice in MP 2:45 to 4:45 VAC Forms due	12 Practice in MP 2:45 to 4:45	13 Practice in MP 2:45 to 4:45 Uniform handout	14 Springview Takedown Tournament Rocklin
16 Practice in MP 2:45 to 4:45	17 Practice in MP 2:45 to 4:45	18 Scrimmage Home Dual Meet vs. Silverado in Gym	19 Scrimmage Dual Meet @ Rio Linda Prep 4:30PM Start	20 Practice in MP 2:45 to 4:45	21 WWCTOC Womens in Roseville
23 Winter Break Practice in GYM 10-12	24 Winter Break NO PRACTICE	25 Winter Break NO PRACTICE	26 Winter Break Practice in GYM 10-12	27 Winter Break Practice in GYM 10-12	28 Winter Break
30 Winter Break Practice in GYM 10-12	31 Winter Break NO PRACTICE	Jan. 1 Winter Break NO PRACTICE	2 Winter Break Practice in GYM 10-12	3 Winter Break Practice in GYM 10-12	4 Winter Break
6 Practice in MP 2:45 to 4:45	7 Practice in MP 2:45 to 4:45	8 Practice in MP 2:45 to 4:45	9 Away Dual Meet @ Eich	10 Practice in MP 2:45 to 4:45	11
13 Practice in MP 2:45 to 4:45	14 Practice in MP 2:45 to 4:45	15 Practice in MP 2:45 to 4:45	16 Picture Day at 2:30 in Gym Home Dual Meet vs. Twelve Bridges in Gym	17 Practice in MP 2:45 to 4:45	18 Bella Vista Tour.
20 NO SCHOOL NO PRACTICE	21 Practice in MP 2:45 to 4:45	22 Practice in MP 2:45 to 4:45	23 Home Dual Meet vs. Cavitt in Gym	24 Practice in MP 2:45 to 4:45	25 Bruin Brawl Ponderosa HS

27 Practice in MP 2:45 to 4:45	28 Practice in MP 2:45 to 4:45	29 Practice in MP 2:45 to 4:45	30 Home Dual Meet vs. Olympus in Gym	31 Practice in MP 2:45 to 4:45	FEB. 1 Falcon Tourn. Whitney HS
3 Practice in MP 2:45 to 4:45	4 Away Dual Meet @ Glen Edwards MS	5 Practice in MP 2:45 to 4:45	6 Practice in MP 2:45 to 4:45	7 Practice in MP 2:45 to 4:45	8 Antelope HS League Tourn./ Casa Robles Tourn.
10 Practice in MP 2:45 to 4:45	11 League Championship @ Spring View MS	12 Practice in MP 2:45 to 4:45	13 Practice in MP 2:45 to 4:45	14 Practice in MP 2:45 to 4:45	15 All FISAL Tournament @ Silverado MS
17 NO SCHOOL Practice TBD	18 NO SCHOOL Practice TBD	19 NO SCHOOL Practice TBD	20 NO SCHOOL Practice TBD	21 NO SCHOOL Practice TBD	22 Sac Regional Tourn. @ Folsom MS
24 Practice TBD	25 Practice TBD	26 Practice TBD	27 FISAL vs San Juan All Star @ Cooley MS	28	

ALL Duel Meets start at 4PM.

- HOME MEETS: Wrestlers will meet in the multipurpose room after school to help set up the gym.
- AWAY MEETS: Wrestlers must arrive 30 minutes early for weight-ins and warm ups.

All FISAL Tournament is open to all varsity level wrestlers.

All Star Dual meet will be held at Springview MS on 2/27

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Assistant Coach Jon Whitworth