

NOVEMBER 2018

| Sun | Mon | Tues | Wed | Thurs | Friday | Sat |
|-----|--|---|--|---|---|---|
| | | | | 1 | 2 | 3 Tryouts Start JV/FrB 8-10 AM VB 12:30-2pm |
| 4 | 5 JV/VG 3:45 – 5:30 PM VB 5:30 – 7:00 PM JVB 6:30 – 8:00 PM FrB 7:00 – 8:30 PM | 6 JV/FrB 7:00 – 8:30 AM VB 5 th Per 2:30 – 4:00 JV/VG 4:00 – 5:30 PM CPR CLASS @ 6:00 PM | 7 VB 5 th Per 2:00 – 3:45 JV/VG 3:45 – 5:30 PM JV/FrB 5:30 – 7:00 PM | 8 VB 5 th Per 2:00 – 3:45 JV/VG 3:45 – 5:30 PM JV/FrB 5:30 – 7:00 PM Parent Meeting @ 6:30 PM | 9 VB 5 th Per 2:30 – 4:00 JV/VG 4:00 – 5:30 PM JV/FrB 5:30 – 7:00 PM | 10 Varsity Team Building |
| 11 | 12 VETERANS DAY NO SCHOOL VB 9:00 – 11:00 AM JVB 11:00 AM–1:00 PM FrB 1:00 – 3:00 PM Boys Basketball Pizza Party 4:30 – 5:30 Girls Home @ 5:30/7:00 | 13 JV/FrB 7:00 – 8:30 AM VB 5 th Per 2:30 – 4:00 JV/VG 4:00 – 5:30 PM | 14 JV/VG 3:45 – 5:30 PM JV/FrB 5:30 – 7:00 PM BV @ Del Lago Tourn vs Pacific Ridge 7:00pm 1st Tri Finals | 15 JVB 1:30 – 3:30 PM FrB 3:30 – 5:30 PM BV @ Del Lago Tourn vs Southwest 4:00pm Girls JV/V Away 1st Tri Finals | 16 JV/VG 1:30 – 3:30 PM JVB 3:30 – 5:30 PM FrB 4:30 – 6:30 PM BV @ Del Lago Tourn vs Esc Charter 4:00pm 1st Tri Finals | 17 BV @ Del Lago Tourn Grossm JV 4:30 v Steel C |
| 18 | 19 JV/VG 2:30 – 4:30 PM FrB 9:00 – 11:00 AM Grossmont Tournament JV v CCHS 5:30pm At Home (DNHS gym) V v Preuss 7:00pm At Home (DNHS gym) | 20 FrB 9:00 – 11:00 AM Grossmont Tournament JV v Mt Carmel 1:30pm V v El Capitan 1:30pm Girls Home @ 5:30/7:00 | 21 FrB 9:00 – 11:00 AM JVB 10:00 AM – 12:00 Grossmont Tourney V v Fallbrook 4:30pm Girls JV/V Away | 22 THANKSGIVING WEEK NO SCHOOL | 23 JV/VG TBA Grossmont Tourn JV v Monte Vista 12pm V v Grossmont 7:30pm Frosh @ Valhalla Trn | 24 JV/VG TBA Grossm JV 3pm v Sage C V 7:30p v Olymp Frosh @ Valhalla |
| 25 | 26 VB 3:45 – 5:30 PM Fr/JVB 4:30 – 6:00 PM Girls JV/V Away | 27 JV 7:00 – 8:30 AM VB 3:45 – 5:00 PM Frosh @ Valhalla Trn Girls Home @ 5:30/7:00 | 28 JV/VG 3:45 – 5:30 PM V/JVB 5:30 – 7:00 PM Frosh @ Valhalla Trn | 29 WRESTLING MEET? V/JVB 3:45 – 5:00 PM Frosh @ Valhalla Trn Girls Home @ 5:30/7:00 | 30 JV/VG 3:45 – 5:00 PM Fr Boys Home – TP @ 5:30 PM V/JVB TBA | |

DECEMBER 2018

| Sun | Mon | Tues | Wed | Thurs | Friday | Sat |
|-----|--|---|--|---|---|--|
| | | | | | | 1 V/JV Boys Home vs MV |
| 2 | 3 VB 3:45 – 5:30 PM FrB – 5:00 – 6:30 PM JV Boys - Away Saints Tournament Girls JV/V Away | 4 VB 3:45 – 5:30 PM JV Boys - Away Saints Tournament Fr Boys Away – O'Side Girls JV/V Away | 5 JV/VG 3:45 – 5:30 PM VB 5:30 – 7:00 PM JVB 6:30 – 8:00 PM FrB 7:00 – 8:30 PM | 6 VB 3:45 – 5:30 PM FrB – 5:00 – 6:30 PM JV Boys - Away Saints Tournament Girls JV/V Away | 7 JV/VG 3:45 – 5:30 PM VB 5:30 – 7:00 PM FrB 7:00 – 8:30 PM JV Boys - Away Saints Tournament | 8 JV Boys Saints Girls Home 4:00/5:30 |
| 9 | 10 JV/VB 3:45 – 5:00 PM Girls Home @ 5:30/7:00 FrB 8:30 – 10:00 PM | 11 JV/FrB 7:00 – 8:30 AM VB 3:45 – 5:30 PM JV/VG 5:30 – 7:00 PM | 12 V/JV/Fr Boys Home Game vs Carlsbad Girls JV/V Away | 13 VB 3:45 – 5:30 PM JV/VG 5:30 – 7:00 PM Fr Boys Away - SMHS JV Boys Grossmont Tourn | 14 V/JV/Fr Boys Away Game vs LCC Girls Home @ 5:30/7:00 | 15 JV Boys Grossm Tourn FrB RBV Trn Girls Home 1:30/3:00 |
| 16 | 17 JV/VG 3:45 – 5:30 PM V/JVB 5:30 – 7:00 PM Frosh Boys RBV Tournament | 18 JVB 7:00 – 8:30 AM VB 3:45 – 5:30 PM Frosh Boys RBV Tournament Girls JV/V Away | 19 JV/VG 3:45 – 5:30 PM V/JV/Fr Boys Away Game vs San Pasqual | 20 VB 3:45 – 5:30 PM JV/VG 5:30 – 7:00 PM Frosh Boys RBV Tournament JV Boys Grossmont Tourn | 21 V/JV/Fr Boys Away Game vs San Dieguito Girls JV/V Away | 22 JV Boys Grossm Tourn |
| 23 | 24 Boys No Practice | 25 Boys No Practice | 26 Boys No Practice Girls Tournament @ DNHS | 27 Boys No Practice Girls Tournament @ DNHS | 28 Boys No Practice Girls Tournament @ DNHS | 29 Girls Trn @ DNHS |
| 30 | 31 VB 2:00 – 4:00 PM | / | / | / | / | / |

JANUARY 2019

| Sun | Mon | Tues | Wed | Thurs | Friday | Sat |
|-----------|--|---|---|--|---|--|
| | | 1 FrB 12:00 – 2:00 PM VB 2:00 – 4:00 PM | 2 JV/VG No Practice JVB 4:00 – 6:00 PM V Boys – Tip Off Tourn 12:30/2:00 Fr @ Westhills Tourn vs Mt Carmel 3:00 PM | 3 JV/VG 1:00 – 3:00 PM JVB 3:00 – 4:30 PM V Boys – Tip Off Tourn 5:30/7:00 Fr @ Westhills Tourn vs Otay Ranch 3:00 PM | 4 JV/VG 5:30 – 7:30 PM JVB 3:30 – 5:30 PM V Boys – Tip Off Tourn 12:30/2:00 Fr @ Westhills Tourn vs West Hills 6:00 PM | 5 V Boys Tip Off Tourn 11-5p Fr @ Westhill Tourn Girls Home 5:30/7p |
| 6 | 7 JV/VG 3:45 – 5:30 PM VB 5:30 – 7:00 PM JVB 6:30 – 8:00 PM FrB 7:00 – 8:30 PM | 8 FrB 7:00 – 8:30 AM V – HOME JV - AWAY vs Westview | 9 FrB – No Practice JV/VB 3:45 – 5:30 PM JV/VG 5:30 – 7:00 PM | 10 WRESTLING MEET? JV/VG 3:45 – 5:30 PM VB 5:30 – 7:00 PM JVB 6:30 – 8:00 PM FrB 7:00 – 8:30 PM | 11 V – HOME JV - AWAY vs Mt Carmel | 12 Best Buddies Field Meet Frosh League Games |
| 13 | 14 JV/VG 3:45 – 5:30 PM VB 5:30 – 7:00 PM JVB 6:30 – 8:00 PM FrB 7:00 – 8:30 PM | 15 FrB 7:00 – 8:30 AM V – HOME JV - AWAY vs Poway | 16 FrB – No Practice JV/VB 3:45 – 5:30 PM JV/VG 5:30 – 7:00 PM | 17 JV/VG 3:45 – 5:30 PM VB 5:30 – 7:00 PM JVB 6:30 – 8:00 PM FrB 7:00 – 8:30 PM | 18 BYE VB 3:45 – 5:30 PM JV/VG 5:30 – 7:00 PM JV/FrB 7:00 – 8:30 PM | 19 Frosh League Games |
| 20 | 21 NO SCHOOL Practice Times TBA | 22 FrB 7:00 – 8:30 AM V – AWAY JV - HOME vs Rancho Bernardo | 23 FrB – No Practice JV/VB 3:45 – 5:30 PM JV/VG 5:30 – 7:00 PM | 24 Parent Conferences Practice Times TBA | 25 Parent Conferences V – AWAY JV - HOME vs Westview | 26 Frosh League Games |
| 27 | 28 JV/VG 3:45 – 5:30 PM VB 5:30 – 7:00 PM JVB 6:30 – 8:00 PM FrB 7:00 – 8:30 PM | 29 FrB 7:00 – 8:30 AM V – AWAY JV - HOME vs Mt Carmel | 30 FrB – No Practice JV/VB 3:45 – 5:30 PM JV/VG 5:30 – 7:00 PM | 31 JV/VG 3:45 – 5:30 PM VB 5:30 – 7:00 PM JVB 6:30 – 8:00 PM FrB 7:00 – 8:30 PM | | |

FEBRUARY

| Sun | Mon | Tues | Wed | Thurs | Friday | Sat |
|--|--|---|---|--|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | | | | | NO SCHOOL V - AWAY JV - HOME vs Poway | Frosh League Games Possible Banquet Night |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| V - HOME JV - AWAY vs High Tech SD | Varsity Breakfast or Lunch | JV/VG 3:45 – 5:30 PM VB 5:30 – 7:00 PM JVB 6:30 – 8:00 PM | FrB 7:00 – 8:30 AM V - HOME JV - AWAY vs Rancho Bernardo | VB 3:45 – 5:30 PM VG 5:30 – 7:00 PM | VG 3:45 – 5:30 PM VB 5:30 – 7:00 PM | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| Varsity Playoffs TBA | | Varsity Playoffs TBA | Varsity Playoffs TBA | Varsity Playoffs TBA | Varsity Playoffs TBA | Varsity Playoffs TBA |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| NO SCHOOL Varsity Playoffs TBA | NO SCHOOL Varsity Playoffs TBA | NO SCHOOL Varsity Playoffs TBA | NO SCHOOL Varsity Playoffs TBA | NO SCHOOL Varsity Playoffs TBA | NO SCHOOL Varsity Playoffs TBA | NO SCHOOL Varsity Playoffs TBA |
| 29 | 30 | | | | | |