



River Valley High School

Wrestling 2019-20

<u>Date</u>	<u>Day</u>	<u>Opponent</u>	<u>Location</u>	<u>Team</u>	<u>Time</u>
Nov 30	Saturday	Knightmare Inv	Rio Linda	JV	9:00am
Nov 30	Saturday	Folsom Girls Inv	Folsom	Girls	9:00am
Dec 4	Wednesday	Pleasant Valley	River Valley	All	6:00pm
Dec 7	Saturday	Vista Eagle Inv	Vista De Lago	Varsity	9:00am
Dec 7	Saturday	Panu Classic	Yuba City	JV & Girls	9:00am
Dec 11	Wednesday	Yuba City	River Valley	All	6:00pm
Dec 13	Friday	Battle of the Buttes	River Valley	Varsity	9:00am
Dec 14	Saturday	Jensen Inv	River Valley	JV & Girls	9:00am
Dec 18	Wednesday	Roseville	Roseville	All	6:00pm
Dec 20 & 21	Fri & Sat	Women's WCTOC	Hardwood Palace	Girls	9:00am
Dec 21	Saturday	Savedra Mem	Wheatland	Varsity	9:00am
Dec 21	Saturday	JV Classic	Whitney	JV	9:00am
Jan 4	Saturday	Cotter Mem	Hiram Johnson	Varsity	9:00am
Jan 4	Saturday	JV Inv	Vista De Lago	JV & Girls	9:00am
Jan 8	Wednesday	Inderkum	Inderkum	All	6:00pm
Jan 10 & 11	Fri & Sat	Tim Brown Mem	Cal Expo	Varsity	9:00am
Jan 11	Saturday	Foothill Inv	Cal Expo	Frosh/Soph	9:00am
Jan 15	Wednesday	Bella Vista	River Valley	All	6:00pm
Jan 18	Saturday	Eagle Inv	Del Oro	JV & Girls	9:00am
Jan 22	Wednesday	Woodcreek	Woodcreek	All	9:00am
Jan 24	Friday	Jason White Mem	Lindhurst	Varsity & Girls	9:00am
Jan 25	Saturday	Jason White Mem	Lindhurst	JV & Girls	9:00am
Jan 28	Tuesday	Antelope (S. N.)	River Valley	All	6:00pm
Feb 1	Saturday	SJS Team Duals	Lincoln of Stockton	Varsity	9:00am
Feb 6	Thursday	CVC Championships	River Valley	All	9:00am
Feb 14 & 15	Fri & Sat	SJS Div II Champs	River Valley	Varsity	9:00am
Feb 14 & 15	Fri & Sat	North Regionals	Natomas	Girls	9:00am
Feb 21 & 23	Fri & Sat	SJS Master's	Stockton Arena	Varsity & Girls	9:00am
Feb 27 - 29	Thur - Sat	CIF State	Rabobank Arena	Varsity & Girls	9:00am

Important Dates

Oct 23	Wednesday	Parent Meeting	Wrestling Room	All	6:00pm
Nov 4	Monday	First Day of Practice	Wrestling Room	All	3:45pm
Jan 28	Tuesday	Senior Appreciation Night		All	5:45pm
TBA	TBA	Team Pictures		All	TBA
TBA	TBA	No Practice Days	(We DO practice and compete during school breaks)		

River Valley High School – 801 El Margarita Road, Yuba City, California 95993

League: Capital Valley Conference

Mascot: Falcons

Colors: Green/Silver/Black

Head Coach: Ron Benton (530) 370-3223

Athletic Director: Phil McCaulley (530) 822-2593

Team Email: coach_ramos@hotmail.com

Team Website: www.rivervalleywrestling.org

Links to social media page found on Team Website.