**Cerritos High School Wrestling**

**2011-2012**

1. **Coaches**
   1. **Coach Jesse Mercado – Technique (562) 569-4253 \*Contact us for any**
   2. **Coach Bryan Jernigan – Strength and Conditioning (562) 500-6932 Questions you may have\***
2. **Practice Schedule**
   1. **Spring Practice Mon-Fri 3pm-5pm (No Practice last week of School)**
   2. **Summer Practice TBA, most likely Mid-Mornings ex: 9am-12pm (Starting Tuesday June 21th )**
   3. **Seasonal Practice: M-F 3:00pm-5:30pm**
   4. **Summer Clinic @ John Glenn TBA**
   5. **Summer Camp @ La Habra TBA**
   6. **NEED A BLUE CARD/PHYSICAL COMPLETED & TURNED IN BEFORE YOU CAN PRACTICE!!!**
3. **Tournaments**
   1. **Highlander classic Friday November 26th Frosh/Soph**
   2. **Magnolia Sweet 16 JV Duals Saturday November 27th**
   3. **Pre Season Dual vs. Buena Park Dec 8th (Fr/Soph, Jv, Var)**
   4. **Pre Season Dual vs. Diamond Ranch-TBA**
   5. **Highlander Bash JV Championship Jan 22nd**
   6. **Tournament of Champions TBA**
   7. **ABC District Duals TBA**
4. **Summer Spirit Package - $75**
   1. **1 Cliff Keen Twister Headgear**
   2. **2 Practice shirts**
   3. **2 Practice Shorts**
   4. **+ any additional items you want to purchase individually**

**Winter Spirit Package- $90**

1. **1 Team Shirt w/ last name on the back**
2. **1 Team Sweater**
3. **1 Team Duffel Bag**
4. **Tournament Fee’s + any Additional items you want to purchase Individually**
5. **Season Starts in January**
   1. **vs Artesia – HOME- 5:30pm**
   2. **vs La Mirada – AWAY -5:30pm**
   3. **vs Mayfair – HOME-5:30pm**
   4. **vs Bellflower – AWAY-5:30pm**
   5. **vs John Glenn – HOME-5:30pm**
   6. **vs Norwalk – AWAY-5:30pm**
   7. **Sat 2/5 League Finals – TBA**
   8. **CIF–TBA**
   9. **Masters-TBA**