



2018-2019

Natomas High School Athletics

WRESTLING

DAY	DATE	OPPONENT	LOCATION	LEVEL	TIME
Saturday	11/10	NHS Scrimmage	Natomas High	JV	11:00am
Saturday	11/17	Cordova Massacre Tourney	Cordova High	G/JV/V	TBD
Saturday	11/24	Knighmare Tournament	Rio Linda High	G/JV	TBD
Saturday	12/1	Casa Roble Girls	Casa Roble High	Girls	TBD
Saturday	12/8	Nighthawk Duals	Natomas High	JV/V	TBD
Fri-Sat	12/14-2/15	WWCTOC Tournament	Hardwood, Rocklin	Girls	TBD
Thu-Fri	12/28-2/29	No Guts No Glory	Hardwood, Rocklin	G/JV/	9:00am
Fri-Sat	1/4-1/5	Napa Valley Classic	Vintage High	Girls	TBD
Saturday	1/5	West Campus Tournament	West Campus High	G/JV	9:00am
Tuesday	1/8	Center Meet #1(HJHS, FHS)	Natomas High	G/JV/V	5:00pm
Tuesday	1/15	Center Meet #2 (WCHS, VHS)	Johnson High	G/JV/V	5:00pm
Saturday	1/19	Del Oro Tournament	Del Oro High	G/JV	9:00 am
Tuesday	1/24	Cordova	Cordova High	G/JV/V	5:00pm
Saturday	1/26	Section Duals	Lincoln High , Stockton	V	TBD
Thursday	1/31	GSL Tournament	Valley High	G/JV/V	TBD
Fri-Sat	2/8-2/9	Division IV Tournament	Casa Roble High	V	TBD
Fri-Sat	2/8-2/9	Girls Regional	Natomas High	Girls	TBD
Fri-Sat	2/15-2/16	Girls SJS Masters	Stagg High	G/V	TBD
Fri-Sat	2/15-2/16	Boys SJS Masters	Delta College	G/V	TBD
Fri-Sat	2/21-2/23	State	Rabobank Arena	G/V	TBD

Bold= Greater Sacramento League Matches

***** = Senior Night**

Girls Head Coach: Jeremy Arsich

Boys Head Coach: Alex deLeon

Assistant Coach: Marcus Young

Assistant Coach: Darrian Alcorn