



2009 GYMNASTICS SCHEDULE

12440 Campo Road
 Spring Valley, California 91978
 (619) 660-3500

Routine Clinic- Suggested for all, see flier
 Parent Meeting

Saturday Feb.28th
 Tuesday March 3rd

CGC Gym- El Cajon 11am-1pm
 Steele Canyon/E205 6:00-7:30pm

| DAY | DATE | OPPONENT | SITE | TIME | Bus Dep/Ret. | |
|-------|-----------------------|--|----------------------|---------|--------------|------|
| Thurs | March 5 | CRITIQUE MEET - \$5/event or \$15 AA *There will be practice @ SC for those not @ *Transportation not provided | <i>Santana</i> | 3:30pm | | |
| Tues | March 10 | South League Schools Scrimmage | <i>Steele Canyon</i> | 4:15pm | | |
| Thurs | March 19 | Valhalla | <i>Steele Canyon</i> | 4:15pm | | |
| Thurs | March 26 | Monte Vista | <i>Monte Vista</i> | 4:15pm | 3:30 | 7:00 |
| Tues | March 31 | West Hills, El Cap, and El Cajon | <i>El Capitan</i> | 4:15pm | 3:30 | 7:00 |
| Sat | April 4 **Midpoint | 2 Events Spectacular Invitational \$10/girl *Mandatory for Varsity *Encouraged for JV | <i>Mount Carmel</i> | 10:30am | | |

----- March 15-30 ----- Spring Break -----

Week 1: Practices To Be Announced

Week 2: No Practice

| | | | | | | |
|-------|----------|---|----------------------|-----------------------------|------|------|
| Thurs | April 23 | Mount Miguel | <i>Steele Canyon</i> | 4:15pm | | |
| Wed | April 29 | Granite Hills | <i>West Hills</i> | 4:15pm | 3:30 | 7:00 |
| Sat | May 2 | Sun Devil Invite \$30/girl *Mandatory for Varsity per coach's discretion *Encouraged for JV per coach's discretion | <i>Mount Carmel</i> | 9am JV Varsity to follow | | |
| Thurs | May 7 | Valhalla | <i>Valhalla</i> | 4:15pm | 3:30 | 7:00 |

****All Bus Trips will have 50 students**

Playoff Dates:

| | | | | | | |
|-----|--------|--|----------------------|---------|--|--|
| Sat | May 9 | All league JV Finals One Session only Awards for both leagues to follow | <i>Steele Canyon</i> | 12:00pm | | |
| Wed | May 13 | *Grossmont South League Varsity Finals | <i>Valhalla</i> | 2:45pm | | |
| Fri | May 22 | CIF Varsity Finals | <i>West Hills</i> | 1:30pm | | |

Head Coach:
 Julian Friesen
 (619) 517-1111 –Cell and Text
jfriesen@guhsd.net

Assistant Coach: Kendall Snyder
Volunteer Coach: Kerri Walsh
School Principal:
 Dr. Craig Rocha, PhD.

Athletic Director
 Gary Stathas gstathas@guhsd.net
VP / Athletics Administrator
 Al Love alove@guhsd.net