



FEDERAL WAY HIGH SCHOOL

DEPARTMENT OF ATHLETICS
30611 16th Ave S. - Federal Way, WA 98003
PHONE: (253) 945-5400
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2018-2019 Women's Wrestling Schedule

Dr. Matt Oberst
Principal

Josh Agpalza
Assistant Principal

Alicia Holtzclaw
Assistant Principal

Khaleelah Rahsaan
Assistant Principal

Kevin Bauer
Dean of Students

Athletic Office
Athletic Director:
John Yellam

Federal Way High School

Mascot: Eagles
Enrollment: (9-12)
WIAA District: 3
League: NPSL 4A

Coaching Staff

Head Coach Travis Mango
Asst. Coach Fernanda Carmona
Volunteer Eduardo Vazquez

<u>Date</u>	<u>Event</u>	<u>Location</u>
October 30	Pre Season Meeting	Meet in room 2422
November 12	First Day of Practice	Locker room
November 21	Weight Assessments	Early Release Day
November 22	Turkey Day Run	
November 28	Blue and White Dual (Fundraiser and Varsity Challenges)	Federal Way High School
December 1	Lady Jag Invite	Emerald Ridge
December 6	Open Night	Decatur High School
December 13	Open Night	Federal Way High School (Senior Night)
December 15	Hammerhead	Kitsap Pavilion
December 19	Open Night	Auburn Riverside
December 22	Lady Cardinal Classic	Franklin Pierce
December 27	Roger's Holiday Tournament	Roger's High School
January 10	Open Night	Todd Beamer (hosted by Decatur)
January 17	All City Duals	Thomas Jefferson
January 19	Lady Lipstick Invite	Lakes High School
January 23	NPSL League Tournament**	TBD
January 24	NSPL League Tournament**	TBD
January 26	Lady Knight Tournament	Mariner High School
February 1	Sub Regionals	Thomas Jefferson
February 2	Sub Regionals	Thomas Jefferson
February 9	Regionals	TBD
February 14	State Practice	Tacoma Dome
February 15	State	Tacoma Dome
February 16	State	Tacoma Dome
February 21	Banquet	Cafeteria

Number of Regular Season Duals: 5
Number of Regular Season Tournament Dates: 8
Total Regular Season Competition Dates: 13

Home Event Site: Federal Way High School Gymnasium

Please visit <http://www.npslathletics.org/> for information regarding the dual meet schedule.

Regular Practice Times

2:30-5:30 p.m.

Women's team will be responsible for moving tables, chairs and setting up mats.

Men's team will be responsible for disinfecting mats, rolling them up, and putting them away.

Saturday and Holiday Practice Times

8:00 a.m.-10:30 a.m.

Weigh In Times for Open Nights and Duals 5:00 p.m.

Wrestling time for Open Nights and Duals 6:00 p.m.

*Schedule Subject to Change

**League Title Tournament