

# BAY AREA WRESTLING ASSOCIATION ITINERARY-02

CVWA West Fresno Middle School, Fresno, CA Event

## May (Mon), 10th, 11th & 12th – BAWA Association Team Practice 4:15-6:15pm Serra H.S.

Junípero Serra H.S.  
451 W. 20<sup>th</sup> Avenue  
San Mateo, CA 94403  
Coach García (408) 910-5835

**\*Bring your \$85 for your Association Team expenses.**

\*Tuesday, May 11, 2010 – Distribution of equipment immediately after practice.

## Friday, May 14, 2008 – CVWA West Fresno Middle School, Fresno, CA

3:00 p.m. Team meets at Junípero Serra H.S. Stadium Parking Lot:

3:15 p.m. Team verifies their weight and equipment.

**3:30 p.m. Leave in private cars to:**

West Fresno Middle School  
2888 South Ivy  
Fresno, CA 93706

**Directions:**

CA US-101 South towards LA  
Take CA-152 E/10<sup>th</sup> St.  
L-CA-152E/10<sup>th</sup> St.  
Take ramp onto CA-99 South  
Take exit #131/Lemoore/Paso Robles onto  
CA-41 South  
Take exit #125/Jensen Ave.  
R-East Jensen Ave.  
L-South Elm Ave.  
R-East Annadale Ave.  
L-South Ivy Ave.  
Arrive at 2888 South Ivy – School on right

6:30 p.m. Team arrives at West Fresno Middle School

6:35 p.m. Team prepares to weigh in.

6:45 p.m. Team registers and weighs in. Weights are grouped.

6:55 p.m. Drink 16oz. fluid and eat small snack.

**7:00 p.m. Leave to hotel:**

7:10 p.m. Team Checks into 4 rooms:  
Holiday Inn Express Fresno South  
2660 South 2nd St.  
Fresno, CA 93706  
(559) 237-7800-reser. R.García  
**Conf #69053151; 69053152;  
69053153; 69053158 {\$119 rate/night}**

**Holiday Inn Express Fresno South**

Go North on S. Ivy Ave. to E. Annadale Ave.  
R-E. Annadale Ave.  
L-South Elm Ave.  
R-East Jensen Ave.  
Slight Right onto S 2<sup>nd</sup> St.  
2660 S. 2<sup>nd</sup> St. on the right

7:25 p.m. Eat dinner & visit the local mall.

8:35 p.m. Unpack and rest.

10:00 p.m. Lights out.

**Saturday, May 15, 2010 – CVWA West Fresno Middle School, Fresno, CA**

- 8:15 a.m. Eat light breakfast.
- 9:00 a.m. Depart for event.
- 9:10 a.m. Enter Wrestling Facility and dress in workout clothes and equipment.
- 9:20 a.m. Begin pre-match warm-up routine.
- 10:00 a.m. Tournament begins
- 3:00 p.m. Competition concludes for the day
- 3:15 p.m. Team secures all personal belongings and shower before going to dinner.
- 3:30 p.m. Team dinner at local restaurant.
- 6:30 p.m. Team arrives at Junípero Serra H.S., athletes are picked up by parents.

**Travel roster (10) scratch weight**

105 Timothy Llacuna - {Room #1}  
112 Manny Borrego - {Room #1}  
127 Oscar Pineda - {Room #1}  
132 Bo Hall - {Room #1}  
142 Brandon Lyons - {Room #2}  
150 Sal Orosco - {Room #2}  
170 Nicholas Alspaugh - {Room #2}  
177 Chad Thodos - {Room #2}  
217 Cuahtemoc Cervantes - {Room #3}  
250 Jeremy Olson - {Room #3}  
Coach: Ricardo García - {Room #3}

**What to bring**

- USA Wrestling Card + school ID
- Wrestling gear: PERSONAL RED/BLUE SINGLET, knee pads & wrestling shoes.
- Snack foods: Metrix bars, fruits, bagels, water bottle, etc.
- Small paperback book to read during dead time.
- \$20 for spending money

**Contact information**

Ricardo García, BAWA Director  
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(408) 910-5835-Cell