

# BRONCO ATHLETICS

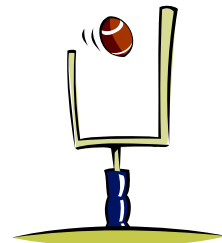
RANCHO ■ BERNARDO ■ HIGH ■ SCHOOL

## VARSIITY & JV FOOTBALL 2009

DATE	DAY	OPPONENT	LOCATION	TIME (JV-Varsity)
Aug 27	Thur	Ramona (JV) – scrimmage	RBHS	6:00
Aug 28	Fri	<i>Kick Off Classic</i> vs Ramona (Varsity)	RHS	8:00
Sept 11	Fri	San Pasqual	RBHS	4:30/7:00
Sept 18	Fri	Torrey Pines	RBHS	4:30/7:00
Sept 25	Fri	Mt. Carmel	MCHS	4:30/7:00
Oct 2	Fri	Escondido	EHS	4:30/7:00
Oct 9	Fri	Carlsbad	RBHS	4:30/7:30
Oct 16	Fri	Rancho Buena Vista	RBVHS	4:30/7:00
Oct 23	Fri	El Camino	RBHS	4:30/7:00
Oct 30	Fri	Westview	WVHS	4:30/7:00
Nov 6	Fri	Vista	VHS	4:30/7:00
Nov 13	Fri	Poway	RBHS	4:30/7:30

- Homecoming – October 9
- Senior Recognition Night – November 13

**HEAD COACH:** Brad Elrod



**SCHEDULE SUBJECT TO CHANGE**

10/12/2009

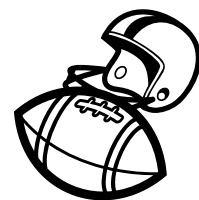
# BRONCO ATHLETICS

RANCHO ■ BERNARDO ■ HIGH ■ SCHOOL

## FRESHMAN FOOTBALL 2009

DATE	DAY	OPPONENT	LOCATION	TIME
Aug 27	Thur	Ramona - scrimmage	RBHS	5:00
Sept 10	Thur	San Pasqual	SPHS	5:00
Sept 17	Thur	Torrey Pines	TPHS	5:00
Sept 24	Thur	Mt. Carmel	RBHS	5:00
Oct 1	Thur	Escondido	RBHS	5:00
Oct 8	Thur	Carlsbad	Valley MS	3:30
Oct 15	Thur	Rancho Buena Vista	RBHS	5:00
Oct 22	Thur	El Camino	ECHS	5:00
Oct 29	Thur	Westview	RBHS	5:00
Nov 5	Thur	Vista	RBHS	5:00
Nov 12	Thur	Poway	PHS	4:00

**COACH:** Cal Gomogda



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# BRONCO ATHLETICS

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## CROSS COUNTRY 2009

DATE	DAY	OPPONENT	LOCATION	TIME
Sept 5	Sat	Cougar/Wildcat Invite	CSU San Marcos	TBA
Sept 12	Sat	Bronco Roundup	Kit Carson Park	8:00 am
Sept 19	Sat	Mt. Carmel Invitational	Morley Field	11:00
Sept 26	Sat	Stanford Invitational	Palo Alto	All Day
Oct 2	Fri	Poway	Lake Poway	3:15
Oct 9	Fri	El Camino	Black Mt. Comm Park	3:15
Oct 17	Sat	Southern California Inv.	Guajome Park	8:00
Oct 23	Fri	Kit Carson Invitational	Kit Carson Park	TBA
Oct 24	Sat	Mt SAC Invitational	Mt San Antonio College	TBA
Oct 30	Fri	Carlsbad	Carlsbad	3:15
Nov 5	Thurs	Vista/Rancho Buena Vista	Guajome Park	3:15
Nov 14	Sat	Palomar League Finals	TBA	TBA
Nov 21	Sat	CIF Finals	Morley Field	TBA
Nov 28	Sat	CIF State Finals	Fresno	TBA

**HEAD COACH**  
ASST. COACH

**Terry Dockery**  
Patrick Longhini



**SCHEDULE SUBJECT TO CHANGE**

10/12/2009

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# BRONCO ATHLETICS

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RANCHO ■ BERNARDO ■ HIGH ■ SCHOOL

## VARSDITY & JV FIELD HOCKEY 2009

DATE	DAY	OPPONENT	LOCATION	TIME (V/JV)
Sept 4	Fri	Patrick Henry	RBHS	3:30/4:45
Sept 10	Thur	Torrey Pines	RBHS	6:00/4:30
Sept 14	Mon	Hilltop	RBHS	7:00/6:00
Sept 17	Thur	Helix	Helix HS	5:00/6:15
Sept 22	Tues	Fallbrook	FHS	3:15/4:30
Sept 25	Fri	Mission Hills	RBHS	3:30/4:45
Sept 29	Tues	Mira Mesa	MMHS	3:15/4:30
Oct 2	Fri	Canyon Crest	RBHS	3:30/4:45
Oct 8	Thur	Vista	RBHS	5:00/6:30
Oct 14	Wed	San Dieguito Academy	RBHS	3:15/4:30
Oct 16	Fri	Westview	RBHS	3:15/4:30
Oct 21	Wed	Rancho Buena Vista	RBVHS	3:15/4:30
Oct 23	Fri	Poway	PHS	3:15/4:30
Oct 28	Wed	Vista	VHS	3:15/4:30
Oct 30	Fri	San Dieguito Academy	SDAHS	3:15/4:30
Nov 4	Wed	Westview	WVHS	3:15/4:30
Nov 6	Fri	Rancho Buena Vista	RBHS	3:15/4:30
Nov 11	Wed	Poway	RBHS	3:15/4:30

CIF Playoffs

**HEAD COACH**

**Kate Rudkin**



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10/12/2009

# BRONCO ATHLETICS

RANCHO ■ BERNARDO ■ HIGH ■ SCHOOL

## VARSITY GIRLS GOLF 2009

DATE	DAY	OPPONENT	LOCATION	TIME
Sept 2	Wed	Mt. Carmel	BHCC	3:00
Sept 3	Thurs	Westview	Country Club of RB	3:00
Sept 8	Tues	Mt. Carmel	Country Club of RB	3:00
Sept 10	Thurs	Mission Hills	BHCC	3:00
Sept 14	Mon	San Pasqual	Vineyard	3:00
Sept 16	Wed	Del Norte	BHCC	3:00
Sept 17	Thurs	San Pasqual	BHCC	3:00
Sept 21	Mon	El Camino	Oceanside Muni.	3:30
Sept 24	Thurs	Carlsbad	BHCC	3:00
Sept 28	Mon	Vista	San Luis Rey	3:00
Sept 29	Tues	Valley Center	BHCC	3:00
Oct 1	Thurs	Poway	RB Inn	3:00
Oct 5	Mon	Rancho Buena Vista	RB Inn	3:15
Oct 6	Tues	San Marcos	Lake San Marcos	3:00
Oct 13	Tues	Carlsbad	La Costa Resort	3:15
Oct 14	Wed	Del Norte	RB Inn	3:15
Oct 15	Thurs	Vista	RB Inn	3:15
Oct 20	Tues	Poway	Stoneridge	3:00
Oct 22	Thurs	Rancho Buena Vista	Shadowridge	3:00
Oct 26	Mon	El Camino	RB Inn	3:00
Oct 29	Thurs	Valley Center	Woods Valley	3:00

No. County Championships: Week of Nov 2

BHCC = Bernardo Heights Country Club

CIF Championships: Nov 9

So. Cal Championship: Nov 16

State Championship: Nov 19

**HEAD COACH**

**Tim Steigerwald**



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10/12/2009

# BRONCO ATHLETICS

RANCHO ■ BERNARDO ■ HIGH ■ SCHOOL

## VARSITY GIRLS TENNIS 2009

DATE	DAY	OPPONENT	LOCATION	TIME
Sept 1	Tues	San Pasqual (scrimmage)	RBHS	3:15
Sept 2	Wed	La Jolla Country Day (scrimmage)	RBHS	3:15
Sept 3	Thur	Francis Parker	RBHS	3:15
Sept 10	Thur	Torrey Pines	TPHS	3:15
Sept 14	Mon	No. County Doubles vs Fallbrook	RBHS	3:15
Sept 16	Wed	Mt. Carmel	RBHS	3:15
Sept 17	Thur	Cathedral Catholic	CCHS	3:15
Sept 21	Mon	No. County Doubles vs Poway	PHS	3:15
Sept 22	Tues	La Costa Canyon	RBHS	3:15
Sept 24	Thurs	Carlsbad	CHS	3:15
Sept 28	Mon	No. County Doubles	TBA	3:15
Sept 29	Tues	Vista	RBHS	3:15
Oct 1	Thurs	Poway	PHS	3:15
Oct 6	Tues	Rancho Buena Vista	RBVHS	3:15
Oct 8	Thurs	El Camino	RBHS	3:15
Oct 13	Tues	Carlsbad	RBHS	3:15
Oct 15	Thurs	Vista	VHS	3:15
Oct 20	Tues	Poway	RBHS	3:15
Oct 22	Thurs	Rancho Buena Vista	RBHS	3:15
Oct 27	Tues	El Camino	ECHS	3:15

CIF Team Tournament  
Palomar League Tournament  
CIF Individual Tournament

**HEAD COACH**

**Mike Parrinello**



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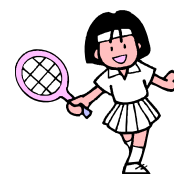
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RANCHO ■ BERNARDO ■ HIGH ■ SCHOOL

## JV GIRLS TENNIS 2009

DATE	DAY	OPPONENT	LOCATION	TIME
Sept 1	Tues	San Pasqual (scrimmage)	SPHS	3:15
Sept 2	Wed	La Jolla Country Day (scrimmage)	LJCD	3:15
Sept 3	Thurs	Francis Parker	RBHS	3:15
Sept 10	Thurs	Torrey Pines	RBHS	3:15
Sept 16	Wed	Mt. Carmel	MCHS	3:15
Sept 17	Thurs	Cathedral Catholic	RBHS	3:15
Sept 22	Tues	La Costa Canyon	LCC	3:15
Sept 24	Thurs	Carlsbad	RBHS	3:15
Sept 29	Tues	Vista	VHS	3:15
Oct 1	Thurs	Poway	RBHS	3:15
Oct 6	Tues	Rancho Buena Vista	RBHS	3:15
Oct 8	Thurs	El Camino	ECHS	3:15
Oct 13	Tues	Carlsbad	CHS	3:15
Oct 15	Thurs	Vista	RBHS	3:15
Oct 20	Tues	Poway	PHS	3:15
Oct 22	Thurs	Rancho Buena Vista	RBVHS	3:15
Oct 27	Tues	El Camino	RBHS	3:15

**JV Coach**      **Lindsey Des Rochers**



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## GIRLS VOLLEYBALL 2009

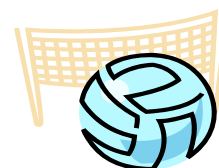
DATE	DAY	OPPONENT	LOCATION	TIME (JV&F-V)
Sept 9	Wed	Scrimmage - V	San Pasqual HS	3:30
Sept 9	Wed	Scrimmage - JV	RBHS	3:30
Sept 9	Wed	Scrimmage - F	West Hills HS	3:30
Sept 11	Fri	Del Norte- JV & F	RBHS	4:00
Sept 11-12	Fri-Sat	Monarchs Tournament (V)	Monte Vista HS	TBA
Sept 15	Tues	West Hills	WHHS	4:00/5:30
Sept 16	Wed	Chula Vista	RBHS	3:30/5:00
Sept 18	Fri	San Pasqual	SPHS	3:30/5:00
Sept 26	Sat	Titan Invitational (F)	Epic VB Club	TBA
Sept 30	Wed	Otay Ranch	RBHS	3:30/5:00
Oct 3	Sat	Granite Hills Tourn (JV)	GHHS	TBA
Oct 6	Tues	Rancho Buena Vista	RBHS	3:30/5:00
Oct 8	Thurs	El Camino	ECHS	3:30/5:00
Oct 13	Tues	Carlsbad	CHS	3:30/5:00
Oct 15	Thurs	Vista	RBHS	3:30/5:00
Oct 16-17	Fri-Sat	Monarchs Tournament (JV)	Monte Vista HS	TBA
Oct 20	Tues	Poway	PHS	3:30/5:00
Oct 22	Thurs	Rancho Buena Vista	RBVHS	3:30/5:00
Oct 23-24	Fri-Sat	Granite Hills Invite (V)	GHHS	TBA
Oct 23-24	Fri-Sat	Monarchs Tournament (F)	Monte Vista HS	TBA
Oct 27	Tues	El Camino	RBHS	3:30/5:00
Oct 29	Thurs	Carlsbad	RBHS	3:30/5:00
Nov 3	Tues	Vista	VHS	3:30/5:00
Nov 5	Thurs	Poway	RBHS	3:30/5:00

CIF  
State Championships

November 10-21  
November 24-December 5

**Head Coach**  
**JV Coach**  
**Freshman Coach**

**Jay Van Vark**  
**Andrea Sienko**  
**Dave Claycomb**



**SCHEDULE SUBJECT TO CHANGE**

# BRONCO ATHLETICS

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## BOYS WATER POLO 2009

DATE	DAY	OPPONENT	LOCATION	TIME
Aug 29	Sat	Santa Fe Christian (Coach Draz Invite)	RBHS	5:50
Sept 10-12	Thur-Sat	Poway Invitational (V)	TBA	TBA
Sept 17-19	Thur-Sat	Poly Riverside Tourn (V)	TBA	TBA
Sept 22	Tues	Carlsbad	RBHS	3:15
Sept 24	Thurs	Rancho Buena Vista – JV & Nov	The Wave Water Park	3:15
Sept 25-26	Fri-Sat	Coronado Tournament (V)	TBA	TBA
Sept 29	Tues	Vista	The Wave Water Park	3:15
Oct 1	Thurs	El Camino	RBHS	3:15
Oct 3	Sat	Cathedral Catholic Tourn (JV)	CCHS	TBA
Oct 6	Tues	Westview	WVHS	3:15
Oct 8	Thur	Santa Fe Christian	RBHS	3:15
Oct 10	Sat	Frosh-Soph Coronado Tourn	Coronado Aquatic Ctr	TBA
Oct 13	Tues	Poway	RBHS	3:15
Oct 15	Thurs	Carlsbad	CHS	3:15
Oct 17	Sat	Coronado Tournament (JV)	Coronado Aquatic Ctr	TBA
Oct 20	Tues	Rancho Buena Vista	RBHS	3:15
Oct 22	Thurs	Vista	RBHS	3:15
Oct 27	Tues	El Camino	Brooks St. Pool	3:15
Oct 29	Thurs	Westview	RBHS	3:15
Oct 31	Sat	Coronado Tournament (Novice)	Coronado Aquatic Ctr	TBA
Nov 3	Tues	Grossmont	RBHS	3:15
Nov 5	Thurs	Poway	PHS	3:15
Nov 7	Sat	Rancho Buena Vista – V	La Jolla HS	TBA

CIF: November 11, 14, 17, 21

Order of Games: JV-V-Novice

**Head Coach**

**Fred Gleason**

***SCHEDULE SUBJECT TO CHANGE***

10/12/2009

