



Cougar Daily's "The Potty Mouth"

11/13-11/19

The Bathroom Sensation That's Sweeping the Nation

This week, your favorite bathroom newsletter will be taking a dive into "Debunking Myths about Wrestling" along with Winter Sports starting November 17th. We're really hoping you'll enjoy this week's edition!

Debunking Myths about Wrestling

By Bella Arellano-Gandy, Guest Writer

Weight - While there are some teams that promote big weight cuts, Coronado encourages our wrestlers to compete at a weight where they are strong and healthy. We believe that weight cutting leads to burn out, decreased performance, and impacts mental health and therefore do not support it.

Toughness/Strength - Even if you feel you are not "tough" or "strong" enough to wrestle, we guarantee that you will still be able to find success in wrestling. During the season, we work on getting stronger and improving our technique to be successful in competitions and to avoid injury.

It's too late - It is never too late to join the fun! A couple years ago, Coronado had a wrestler join her senior year and she ended up being recruited by college coaches. Also, if you are just looking for a way to stay in shape and build relationships, wrestling is perfect for you!

Ringworm - Ringworm is not as common as you may think! Last year, the entire girls team had no cases of ringworm. At Coronado, we make sure to clean the mats daily and encourage showering within 30 minutes after practice to avoid contraction.

Winter Sports Starting!

Cougars, Registration for 2025/2026 Winter Sports (Basketball, Wrestling, Swimming, and Hockey) is slowly but surely coming to a close, so make sure you get signed up!

The last day to register is November 14th. You can register by going to the Coronado homepage > Athletics and clicking the link provided. Keep in mind, athletes will not be allowed to try out until you complete your online registration and a valid physician's clearance (physical.)

Mandatory parent winter sports meeting is Wednesday, November 19th @ 6:00 p.m. in the Main Gym. The first official day of Winter Sports (along with boys and girls basketball) is Monday, November 17th.

Be sure you don't miss out on the fun and get signed up ASAP and on time!



Photo of Bella Arellano-Gandy, Class of 2027, at the state tournament last year.

Upcoming Events

Thursday 11/13	Friday 11/14	Saturday 11/15	Monday 11/17	Tuesday 11/18	Wednesday 11/19
<i>Harvest of Love Spirit Day: Mac n Cheese Day! (Double Points For Any Type of Pasta or Rice)</i> <i>Theater: Play Performance @ 6:30 pm in Auditorium</i>	<i>Harvest of Love Spirit Day: Anything Day (Everything is Double Points Today)</i> <i>Theater: Play Performance @ 6:30 pm in Auditorium</i>	<i>Football: Varsity Playoff Game vs. Pomona @ NAAC Stadium 12:00 pm</i> <i>Theater: Play Matinee @ 2:00 pm in Auditorium.</i>	<i>Harvest of Love Spirit Day: Meme Day (Dress as Your favorite, school appropriate meme!)</i> <i>Winter Sports Start!</i> <i>Boys Basketball: Tryouts 7:00-9:30am & 3:30-5:45pm (if needed) @ Main Gym</i>	<i>Harvest of Love Spirit Day: Twin Day (Dress like your bestie and everything you bring is double points)</i>	<i>Harvest of Love Spirit Day: Holiday Day (Dress like your favorite holiday and bring the corresponding food! No candy or sweets, please.)</i>

Want to read more? Find more on our website, cougardaily.org or on Instagram @ [thecougardaily!](https://www.instagram.com/thecougardaily/)