

Parents and Wrestlers,

**We have begun wrestling and conditioning this Fall. Morning lifts will be every Monday and Wednesday morning at 7AM (please arrive on time) to 7:45AM. Wrestling practice will be on Tuesday and Thursday from 3:30PM to 5:30PM.**

All wrestlers must have a [VHSL Physical](#) in order to participate in conditioning and fall practices.

Because we're not wrestling every day I have included "open" wrestling rooms around Northern Virginia on the Fall Conditioning/Practice Schedule (see link below). I encourage all of our wrestlers to seek opportunities to practice throughout the week. One of the options is Top of the Podium which is located in Sterling, Virginia. TOP is not affiliated with any high school. It offers wrestlers the chance to learn, train and compete in an awesome atmosphere. With high ceiling, natural light, and an incredible A/V system, TOP is the premier wrestling facility in Northern Virginia. [Top of the Podium's Fall Program](#).

### **Sunday, November 15**

#5 Virginia Tech will be wrestling #4 Penn State in Blacksburg on Sunday, November 15. This is a HUGE dual in college wrestling! The total cost will be \$35 per person which includes the charter bus. We will leave Chantilly High School at 6AM and will be back to Chantilly by 7PM. Please make checks to Chantilly High School.

### **Fall Conditioning/Practice Schedule 2015**

### **Varsity Wrestling Schedule 2015-2016**

### **Junior Varsity Wrestling Schedule 2015-2016**

Please let me know if you have questions or concerns.

Thank You,  
Coach Winfrey