

The official first day of wrestling practice is Monday, November 9 from 3:30PM to 5:30PM. We will have one more WRESTLER MEETING on Thursday, November 5th after-school at 3:15PM in my classroom (room 111). Please make sure your wrestler has the following paperwork completed and submitted to me (prior to 11/09/2015):

1. [VHSL Physical](#)
2. **Student Emergency Care Form (please have your son go to his Sub School and request a copy)**
3. [Fairfax County Participation Policy](#)
4. [Weight Room Use](#)
5. [Communicable Disease Form](#)
6. [Concussion Education Program](#)
7. [Chantilly Wrestling Team Rules](#)

I have included a link to the practice schedule for November. The typical after-school practice is 3:30PM to 5:30PM. I have scheduled a morning lift every Monday from 6:45AM to 7:45AM. I will open the weight room for optional lifts on Wednesday and Friday mornings.

[November Practice Schedule](#)

A few important November dates:

- **Thursday, November 5th:** Wrestling Information/Interest Meeting
- **Monday, November 9:** First Day of Practice
- **Sunday, November 15:** *OPTIONAL - #1 Penn State vs. #6 Virginia Tech - This is a great opportunity to see great teams wrestle! Admission is free! If wrestlers want to go then they need to plan to car pool together. This is not a Chantilly sponsored event. The dual is at 1PM at Cassell Coliseum in Blacksburg, Virginia*
- **Tuesday, November 17:** Parent Meeting at 7:30PM in my classroom (room 111)
- **Thursday, November 19:** Scrimmage at Chantilly vs. West Springfield. Wrestling is from 6PM-8PM. This is a wrestling room scrimmage. Parents can attend, but space is limited as this is not a typical competition set-up.
- **Saturday, November 21:** Community Service: after practice (12:30PM - 1:30PM) at Chantilly the wrestling program will make sandwiches for *SOME (So Others Might Eat)* in Washington, DC. I'm asking that all wrestlers come to practice with donated lunch meat, cheese, and bread (we will store meat and cheese in refrigerator). The captains of the wrestling team, and myself, will deliver sandwiches to DC once all sandwiches are made. We will have another community service day serving food on Monday, February 1 at *SOME*. We will be asking for parents to donate casseroles (we will discuss more at the parent meeting).
- **Thanksgiving Break:** Please take a look at the practice schedule during Thanksgiving Break. There is no practice on Thanksgiving, but there is practice before and after Thanksgiving

[VARSITY WRESTLING SCHEDULE](#)

[JUNIOR VARSITY WRESTLING SCHEDULE](#)

The next 2-weeks...We recently haven't had a great turnout at practices on Tuesdays and Thursdays. Please encourage your wrestler to attend workouts the next couple of weeks. We want our guys in shape when the season starts! Below, you will find upcoming wrestling opportunities that are optional.

- **Tuesday, October 27** - Practice at Chantilly 3:30PM-5:30PM
- **Wednesday, October 28** - Lifting 7AM-7:45AM
- **Thursday, October 29** - Practice at Chantilly 3:30PM-5:30PM
- **Friday, October 30** (HALF-DAY) - Captains Workout on Track
- **Sunday, November 1** - [Fall Brawl at Landon School](#) (6101 Wilson Ln, Bethesda, MD 20817 - Washington Metro)
- **Monday, November 2** - NO SCHOOL
- **Tuesday, November 3** - NO SCHOOL - Go to Hayfield High School for practice 6PM-8PM
- **Wednesday, November 4** - Lifting 7AM-7:45AM
- **Thursday, November 5** - Practice at Chantilly 3:30PM-5:30PM
- **Friday, November 6** - Captains Workout on Track
- **Saturday, November 7** - [Alan Fried Wrestling Clinic \(NCAA Champion & World Champion\) at Robinson Secondary](#) 10AM-7PM (Cost: \$85)
- **Saturday, November 7** - [8th Annual Bulldog Fall Brawl at Big Spring INTERMEDIATE School](#) (45 Mt Rock Road, Newville PA 17241)
- **Sunday, November 8** - [Alan Fried Wrestling Clinic \(NCAA Champion & World Champion\) at Robinson Secondary](#) 9AM-1PM (Cost: \$85)