

Parents and Wrestlers,

The Chantilly varsity and junior varsity wrestling teams competed at the Ray Oliver Memorial Wrestling Tournament this past Friday and Saturday at McDonogh School in Owings Mills, Maryland. The varsity team finished in 7th place and the junior varsity team finished in 5th place out of 20 teams.

Varsity Notables:

- *Reaves Arnold - 2nd (106lbs)*
- *Shawn Holland - 6th (120lbs)*
- *John Shin - 5th (138lbs)*
- *Lucas Kinsey - 3rd (170lbs)*
- *Sean Pogorelc - 3rd (285lbs)*

Junior Varsity Notables:

- *Niko Kacludis - 3rd (106lbs)*
- *Stephen O'Donnell - 4th (113lbs)*
- *Mark Stewart - 1st (126lbs)*
- *Sam Mifflin - 4th (160lbs)*
- *Gustavo Sagastume - 2nd (170lbs)*
- *Antonio Reyes - 4th (182lbs)*

Laundry Detergent

We should have all the practice uniforms distributed this week. This means we will begin washing uniforms/laundry for the wrestlers everyday after practice. Please donate a container of laundry detergent in order for the team to have clean laundry throughout the year.

Parent Help

We cannot operate successfully without help from parents. Below are important events and jobs we need help with. Please click the link to sign up.

Event #1: VARSITY ONLY - Team Food for the NOVA Classic Wrestling Tournament at Fairfax High School

- **Sign-up Link:** <http://www.signupgenius.com/go/4090e44a9a82ea02-nova>
- **Date:** Friday, December 12 and Saturday, December 13
- **Amount of Volunteers:** 1 for Friday and 1 for Saturday
- **Job:** Team Food - 2 cases of Gatorade, 2 cases of water, carrots, spinach, fresh fruit, granola, nuts, lunch meat, whole wheat bread, almond butter, tuna, dozen boiled eggs, and bagels. Fluids are most important, followed by carbs and protein. Please stay away from pre-packaged foods. Please drop off food at Fairfax High School anytime Friday morning.

Event #2: PART OF JUNIOR VARSITY AND VARSITY B - Parent Caravan and Team Food for the Colon Baker Wrestling Tournament at Great Bridge High School in Chesapeake, Virginia

- **Sign-up Link:** <http://www.signupgenius.com/go/4090e44a9a82ea02-caravan2>
- **Date:** Sunday, December 28 through Tuesday, December 30
- **Amount of Volunteers:** We will need between 5 to 7 parent drivers/vehicles for this tournament.
- **Job(s):** Parent volunteers to drive members of the team to Chesapeake, Virginia and back to Chantilly, Virginia. Also, Team Food - 2 cases of Gatorade, 2 cases of water, carrots, spinach, fresh fruit, granola, nuts, lunch meat, whole wheat bread, almond butter, tuna, dozen boiled eggs, and bagels. Fluids are most important, followed by carbs and protein. Please stay away from pre-packaged foods.
- **Information:**
 - We will be staying at the Hampton Inn & Suites Chesapeake-Battlefield Blvd, 1421 N Battlefield Blvd, Chesapeake, VA 23320 (757) 819-5230.
 - Meet at Chantilly at 12PM on Sunday, December 28
 - Depart Chantilly at 12:30PM for Chesapeake, Virginia
 - Arrive at the hotel at 5PM in Chesapeake, Virginia
 - Wrestle on Monday, December 29 and Tuesday, December 30
 - Depart Chesapeake, Virginia after the tournament on Tuesday, December 30 around 7PM
 - Arrive at Chantilly High School around 11:30PM on Tuesday, December 30
- **Event Roster:** Please let me know if you plan on going out of town for the winter break and your wrestler cannot attend the tournament.
 - 106: Niko Kacludis
 - 113: Jason Martin
 - 120: Sipan Najim
 - 126: Mark Stewart and Austin Strickland
 - 132: Matt Hardmon and Khalid Shafa
 - 138: Brian Wallis and Ethan Fraize
 - 145: Christian Polanco and William Warne
 - 152: Nathan Pak
 - 160: Collin Vass
 - 170: Gustavo Sagastume and Sam Mifflin
 - 182: Antonio Reyes and Mason Lee
 - 195: Nicky Sanchez and Saman Atabakan
 - 220: Ryan Cox

Event #3: VARSITY A ONLY - Parent Caravan and Team Food for the Governor Mifflin Wrestling Tournament at Governor Mifflin High School in Shillington, Pennsylvania

- **Sign-up Link:** <http://www.signupgenius.com/go/4090e44a9a82ea02-caravan1>
- **Date:** Sunday, December 28 through Tuesday, December 30
- **Amount of Volunteers:** We will need between 5 to 7 parent drivers/vehicles for this tournament.
- **Job(s):** Parent volunteers to drive members of the team to Shillington, Pennsylvania and back to Chantilly, Virginia. Also, Team Food - 2 cases of Gatorade, 2 cases of water, carrots, spinach, fresh fruit, granola, nuts, lunch meat, whole wheat

bread, almond butter, tuna, dozen boiled eggs, and bagels. Fluids are most important, followed by carbs and protein. Please stay away from pre-packaged foods.

- **Information:**
 - We will be staying at the Hampton Inn Reading/Wyomissing, 1800 Papermill Road, Wyomissing, PA 19610, (610) 374-8100.
 - Meet at Chantilly at 2:30PM on Sunday, December 28
 - Depart Chantilly at 3PM for Shillington, Pennsylvania
 - Arrive at the hotel at 6PM in Shillington, Pennsylvania
 - Wrestle on Monday, December 29 and Tuesday, December 30
 - Depart Shillington, Pennsylvania after the tournament on Tuesday, December 30 around 7PM
 - Arrive back at Chantilly High School around 10PM on Tuesday, December 30
- **Event Roster:** Please let me know if you plan on going out of town for the winter break and your wrestler cannot attend the tournament.
 - 106: Reaves Arnold
 - 113: Shawn Holland
 - 120:
 - 126: Jalen Thurman
 - 132:
 - 138: John Shin
 - 145: Sam Tenaglia
 - 152: Manny Mugoya
 - 160: Troy Fries
 - 170: Lucas Kinsey
 - 182: Drew Wolford
 - 195: Tyler Bryant
 - 220: Brian Kim
 - 285: Sean Pogorelc

Event #4: Parent Volunteers for Charger Duals at Chantilly High School

- **Sign-up Link:** <http://www.signupgenius.com/go/4090e44a9a82ea02-charger>
- **Date and Times:** Saturday, January 3 from 12PM to 9PM (most jobs are in 3 hour segments)
- **Amount of Volunteers:** 14 Parents
- **Jobs:** We have a reputation of having one of the best run duals and most delicious hospitality rooms in all the area. So, we will need ALL HANDS ON DECK for food donations, hospitality room workers, tickets takers and concession workers.

Event #5: Parent Volunteers for the Joe Verciglio Memorial Wrestling Tournament at Chantilly High School

- **Sign-up Link:** <http://www.signupgenius.com/go/4090e44a9a82ea02-joeverciglio>
- **Date:** Friday, January 16 and Saturday, January 17
- **Amount of Volunteers:** 40
- **Jobs:** concessions, ticket table, t-shirt sales, hospitality, security
- **Information:** Chantilly is hosting one of the biggest wrestling tournaments in Virginia on Friday, January 16 and Saturday, January 17. We are going to need several parent volunteers throughout the weekend. We will be sending out a sign-up list soon. Please keep this weekend available as we will need help from all families. In the meantime we are looking for sponsors. [Sponsor Information for the Joe Verciglio Memorial Wrestling Tournament](#)

Schedule for the Week

- **Monday, December 8**
 - Varsity Study Hall from 2:25PM to 2:50PM in Coach Winfrey's room.
 - Varsity Practice from 3PM to 5:30PM.
 - Junior Varsity matches at Falls Church High School
 - JV wrestlers must return to Chantilly by 4PM. I encourage wrestlers to stay at Chantilly to complete homework or stay after with teachers. Wrestlers should pack a dinner.
 - Bus departs for Falls Church High School at 4:30PM.
 - Weigh-In at 5PM
 - Wrestle from 6PM to 9PM
 - Return to Chantilly High School by 10PM
- **Tuesday, December 9**
 - NO JV PRACTICE
 - Varsity Wrestle-off's beginning at 2:30PM
 - 126: Jalen Thurman vs. Mark Stewart
 - 152: Manny Mugoya vs. Sean Crowley
 - Varsity Study Hall from 2:25PM to 2:50PM in Coach Winfrey's room.
 - Varsity Practice from 3PM to 5:30PM.
- **Wednesday, December 10**
 - Study hall from 2:25PM to 2:50PM in Coach Winfrey's room.
 - Practice from 3PM to 5:30PM.
- **Thursday, December 11**
 - Study hall from 2:25PM to 2:50PM in Coach Winfrey's room.
 - Practice from 3PM to 5:30PM.
- **Friday, December 12**
 - NO JV PRACTICE
 - NOVA Classic Wrestling Tournament at Fairfax High School
 - All wrestlers should meet at Fairfax High School by 7AM
 - Weigh-In: 8AM
 - Wrestle: 10AM
- **Saturday, December 13**
 - NOVA Classic Wrestling Tournament at Fairfax High School
 - All wrestlers should meet at Fairfax High School by 7AM - THIS INCLUDES JV WRESTLERS
 - Weigh-In: 8AM
 - Wrestle: 9:30AM
 - Finals: 4PM - ALL JV WRESTLERS SHOULD ATTEND THE FINALS

NOVA Classic Information

Below is the list of wrestlers that will be excused from school on Friday, December 12. All wrestlers must complete the [PARENTAL AUTHORIZATION AND ACKNOWLEDGEMENT OF RISK FOR FIELD TRIP](#) and the [PRE-ARRANGED ABSENCE FOR FIELD TRIPS](#) and should turn these forms into Coach Winfrey by Thursday, December 11. Please have your B-day teachers sign the pre-arranged absence for field trips forms. The NOVA Classic does allow back-ups to compete as well, but it's a random draw. I have included the wrestlers that I will enter into the random draw. The wrestlers that will be in the random draw should complete the forms as well. The random draw does not take place until Thursday night at the coaches meeting so wrestlers should stay close to their phones.

106 - Reaves Arnold

113 - Jason Martin

120 - Shawn Holland

126 - Jalen Thurman or Mark Stewart (depends on wrestle-off; loser will be entered into the random draw)

132 - Khalid Shafa (Matt Hardmon entered into the random draw)

138 - John Shin (Brian Wallis entered into the random draw)

145 - Sam Tenaglia

152 - Manny Mugoya (Nathan Pak entered into the random draw)

160 - Sean Crowley

170 - Lucas Kinsey (Gustavo Sagastume entered into the random draw)

182 - Drew Wolford

195 - Tyler Bryant (Nicky Sanchez entered into the random draw)

220 - Brian Kim

285 - Sean Pogorelc

December Practice Schedule

Skin Infection Form

Any wrestler with a skin infection (new or healing) must have the VHSL Skin Infection Form completed by a doctor in order to compete. A doctor's note is not acceptable and the wrestler will not be allowed to wrestle.