

## **Coach Mooney Individual Practice Schedule**

- **Monday, December 4** – Javier Leon Martinez, Andres Sagastume, Marcus Lovett, Raymond Shircliff (Do not need to come to afternoon practice)
- **Tuesday, December 5** – Javier Leon Martinez, Andres Sagastume, Marcus Lovett, Raymond Shircliff (Do not need to come to afternoon practice)
- **Wednesday, December 6** – Javier Leon Martinez, Andres Sagastume, Marcus Lovett, Raymond Shircliff (Must go to study hall after school and work JV Jamboree)
- **Tuesday, December 12** – Daniel Tohti, Lily Vargas, AJ Crews, Arbind Pant, Dylan San Gabriel, Tyler Cefola, Riley Morgan, Jakob Hemmerich, Julian Santos, Paul Jacobs, Denzel Bain
- **Wednesday, December 13** – Jose Lopez, Stephen O'Donnell, Sijal Chudal, Callum Connor, Anthony Barr, Kevin Montano, Ryan Romero, Alex Iparraguirre, Erick Samame, Daniel Morris, James Felix, Fahed Omeish
- **Thursday, December 14** – Joe Bresnahan, Shase Uddin, Mario Gonzalez-Escobar, Jun Lee, Najji Zien, Darell Narciso, Adam El-Zoobi, Jack Madaj, Donnell Solomon, Antonio Reyes, Javier Leon Martinez, Andres Sagastume, Marcus Lovett, Raymond Shircliff

<b>December 2017</b>					
<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
<b>4</b> Coach Mooney Individual Practice 6AM  NO VARSITY MORNING LIFT  Practice 3:30PM-5:30PM  Laundry Jack Madaj Adam El-Zoobi Darell Narciso Alnablsi, Yazan Beck, Joseph	<b>5</b> Coach Mooney Individual Practice 6AM  Practice 3:30PM-5:30PM  Laundry Najji Zien Jun Lee Mario Gon.-Escobar Bartram, Christian Bradford, Nick	<b>6</b> Coach Mooney Individual Practice 6AM  Varsity Lift 7AM  Study Hall – All Team 3:10PM-4:45PM NO PRACTICE  Junior Varsity at CHS All Team Weigh-In 5PM Wrestle 6PM-9PM  Laundry Fahed Omeish Shase Uddin Joe Bresnahan Chavez-Lizama, Jaden Colaco, Anand	<b>7</b> Practice 3:30PM-5:30PM  Laundry Raymond Shircliff Marcus Lovett Andres Sagastume Davis, Alexander De Paris, Nathan	<b>8</b> Varsity at Sherando Dismissal 9AM Bus 9:30AM Weigh-In 11:30AM Wrestle 1PM  NO JV PRACTICE  Laundry Javier Leon Antonio Reyes Donnell Solomon Derbala, Hassan Dinh, Ryan	<b>9</b> Varsity at Sherando Bus 6AM Weigh-In 8AM Wrestle 9PM  NO JV PRACTICE  Laundry James Felix Daniel Morris Erick Samame Driggers, Connor Enkhbayar, Dulguun
<b>11</b> Varsity Practice 6AM  Varsity Study Hall 3:10PM-5PM  JV Practice 3:30PM-5:30PM  Laundry Alex Iparraguirre Ryan Romero Kevin Montano Garling, Tristen Harper, Matthew	<b>12</b> Coach Mooney Individual Practice 6AM  Practice 3:30PM-5:30PM  Laundry Anthony Barr Mohamed Arabi Callum Connor Hwang, Brendon Jones, Nick	<b>13</b> Coach Mooney Individual Practice 6AM  Varsity Lift 7AM  Varsity Practice 3:30PM-5:30PM  Junior Varsity at Lee HS JV Study Hall 3PM Bus 4:30PM Wrestle 6PM-9PM  Laundry Sijal Chudal Jose Lopez Kashef, Ziad Keating, Ryan Klosky, Benjamin	<b>14</b> Coach Mooney Individual Practice 6AM  Practice 3:30PM-5:30PM  Laundry Denzel Bain Paul Jacobs Julian Santos Lett, Kevin Marcelin, Carl Nguyen, Joshua	<b>15</b> Westfield Day Dual ALL TEAM Dismissal 10:25AM Bus 11AM Weigh-In 12PM Varsity Wrestle 1:30PM JV Wrestle 3:30PM in WHS Wrestling Room  Laundry Jakob Hemmerich Riley Morgan Tyler Cefola Nguyen, Ethan Nickel, Aaron	<b>16</b> Varsity & JV A-Team at Archbishop Wood in Warminster, PA Charter Bus 3AM Weigh-In 7AM Wrestle 9AM  NO JV PRACTICE  Laundry Dylan San Gabriel Arbind Pant AJ Crews Paguiligan, Kyle Parrish, Logan

## December 2017

Mon	Tue	Wed	Thu	Fri	Sat
<b>18</b> <i>Practice</i> 9AM-11AM  <i>Laundry</i> Ramos, Ariana Ransom, Gabe Riley, Nolan Rodriguez, Ruben Sabeeh, Hussien	<b>19</b> <i>Practice</i> 9AM-11AM  <i>Laundry</i> Sahm, Aidan Sheard, Isabelle Sherman, John Solano Bonilla, Leslie Somboonpakron, Ethan	<b>20</b> <i>Practice</i> 9AM-11AM  <i>Laundry</i> Tamayo, Lorenzo Tan, Leon Tarzi, Barkath Zampiendo, Colton Zaunfuchs, Julian Zien Alabdin, Beshar	<b>21</b> <i>Practice</i> 9AM-11AM  <i>Laundry</i> Jack Madaj Adam El-Zoobi Darell Narciso Alnablsi, Yazan Beck, Joseph	<b>22</b> <i>Practice</i> 9AM-11AM  <i>Laundry</i> Naji Zien Jun Lee Mario Gon.-Escobar Bartram, Christian Bradford, Nick	<b>23</b> NO PRACTICE
<b>25</b>	<b>26</b> <i>Practice</i> 9AM-11AM  <i>Laundry</i> Raymond Shircliff Marcus Lovett Andres Sagastume Davis, Alexander De Paris, Nathan	<b>27</b> <i>Practice</i> 9AM-11AM  <i>Laundry</i> Javier Leon Antonio Reyes Donnell Solomon Derbala, Hassan Dinh, Ryan	<b>28</b> <i>Practice</i> 9AM-11AM  <i>Laundry</i> James Felix Daniel Morris Erick Samame Driggers, Connor Enkhbayar, Dulguun	<b>29</b> <i>Practice</i> 9AM-11AM  <i>Laundry</i> Fahed Omeish Shase Uddin Joe Bresnahan Chavez-Lizama, Jaden Colaco, Anand	<b>30</b> NO PRACTICE