

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

December 2017					
Mon	Tue	Wed	Thu	Fri	Sat
4 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	5 Coach Mooney Individual Practice 6AM Practice 3:30PM-5:30PM Laundry Najji Zien Jun Lee Mario Gon.-Escobar Bartram, Christian Bradford, Nick	6 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	7 Practice 3:30PM-5:30PM Laundry Raymond Shircliff Marcus Lovett Andres Sagastume Davis, Alexander De Paris, Nathan	8 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	9 Varsity at Sherando Bus 6AM Weigh-In 8AM Wrestle 9PM NO JV PRACTICE Laundry James Felix Daniel Morris Erick Samame Driggers, Connor Enkhbayar, Dulguun
11 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	12 Coach Mooney Individual Practice 6AM Practice 3:30PM-5:30PM Laundry Anthony Barr Mohamed Arabi Callum Connor Hwang, Brendon Jones, Nick	13 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	14 Coach Mooney Individual Practice 6AM Practice 3:30PM-5:30PM Laundry Denzel Bain Paul Jacobs Julian Santos Lett, Kevin Marcelin, Carl Nguyen, Joshua	15 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	16 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

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