

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

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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
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> Fahed Omeish Shase Uddin Joe Bresnahan Chavez-Lizama, Jaden Colaco, Anand	30 NO PRACTICE