December 2016						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5	6	7	8	9		10
Morning Lift	Study Hall	Optional Morning Lift	Study Hall	No Junior Varsity Practice	Junior Varsity Practice	
7AM	3PM-4PM	7AM	3PM-4PM	Go to Girl's HOME Varsity	10AM to 12PM	
				basketball game at CHS		
Study Hall	Practice	Study Hall	Practice	7PM	Varsity at Sherando Duals	
3PM-4PM	4:15PM-6:15PM	3PM-4PM	4:15PM-6:15PM		Bus 6:30AM	
				Varsity at Sherando Duals	Weigh-In 8AM	
<u>Practice</u>		Junior Varsity at South County HS		Dismissed 9:40AM	Wrestle 9AM-9PM	
4:15PM-6:15PM		Bus 4:30PM		Bus 9:45AM		
		Weigh-In 5PM		Weigh-In 11:45AM		
		Wrestle 6PM-9PM		Wrestle 1PM-9PM		
12		Varsity Practice				
	13	3:30PM-5:30PM	45	10		47
		14	15	16	N/ Northurset Duolo	17
<u>Morning Lift</u> 7AM	<u>Study Hall</u> 3PM-4PM	<u>No Morning Lift</u>	<u>Study Hall</u> 3PM-4PM	Varsity Day Dual vs. Westfield HS	JV Northwest Duals Bus 6:30AM Wrestle 8AM	
7 AIM	5FIVI-4FIVI	No Varsity Practice/ Varsity	3F1VI-4F1VI	Dismissed 10:25AM	Bus 0.30AIVI WIEstle BAIVI	
Study Hall	Practice	Volunteers for JV Matches	Practice	Weigh-In 12PM	No Varsity Practice	
3PM-4PM	4:15PM-6:15PM	volunteers for 5v matches	4:15PM-6:15PM	Wrestle 1:30PM	<u>No varsity ractice</u>	
51 101 41 101	4.15/ 10/ 0.15/ 10/	Junior Varsity at Chantilly HS	4.15/ 10/ 0.15/ 10/	Wreshe 1.50r W	Beast of the East	
Practice	Roll Mats	Arrive at CHS 4PM Weigh-In 5PM			Only K. Shafa, H. Horner, S.	
4:15PM-6:15PM	6:15PM-6:45PM	Wrestle 6PM-9PM			Tenaglia	
19	20	21	22	23		24
Steve Fittery	Practice & Lift	Joe Kemmerer Clinic/Practice	Practice & Lift	No Practice	No Practice	
Clinic/Practice	9AM-12PM	(2x NCAA D2 Champion)	9AM-12PM			
(3x NCAA All-American)		9AM-11AM				
9AM-12PM						
		Lift				
		11AM-12PM				
26	27	28	29	30		31
Practice & Lift	Practice & Lift	<u>Practice</u>	No JV Practice	No JV Practice	No Practice	
9AM-12PM	9AM-12PM	9AM-11AM				
			Varsity at Gov. Mifflin (PA)	Varsity at Gov. Mifflin (PA)	<u>New Year's Eve</u>	
		Varsity Departs for Gov. Mifflin	Weigh-In 7:45AM	Weigh-In 10AM		
		<u>(PA) by Car Pool – details TBA</u>	Wrestle 10AM	Wrestle 11AM		