

December 2016

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