

## December 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>28</b>	<b>29</b>	<b>30</b>	<b>1</b>	<b>2</b>	<b>3</b>
	<p><u>Morning Lift</u> 7AM</p> <p><u>Practice</u> 3:30PM-5:30PM</p>	<p><u>Wrestle Off's</u> 3:30PM-5:30PM</p>	<p><u>Optional Morning Lift</u> 7AM</p> <p><u>Junior Varsity at Westfield HS</u> Arrive at CHS 4PM Bus 4:30PM Weigh-In 5PM Wrestle 6PM-9PM</p> <p><u>Varsity Inter-Squad at Chantilly HS</u> Weigh-In 5PM Wrestle 6PM-8PM</p>	<p><u>Practice</u> 3:30PM-5:30PM</p>	<p><u>Practice</u> 3:30PM-5:30PM</p> <p><u>Roll Mats</u> 5:30PM-6PM</p>	<p><u>Chantilly Duals</u> Arrive 9AM Weigh-In 11AM Wrestle 12PM</p> <p>All Chantilly wrestlers MUST attend!</p>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
	<p><u>Morning Lift</u> 7AM</p> <p><u>Practice</u> 3:30PM-5:30PM</p>	<p><u>Practice</u> 3:30PM-5:30PM</p>	<p><u>Optional Morning Lift</u> 7AM</p> <p><u>Junior Varsity at South County HS</u> Arrive at CHS 4PM Bus 4:30PM Weigh-In 5PM Wrestle 6PM-9PM</p> <p><u>Varsity Practice</u> 3:30PM-5:30PM</p>	<p><u>Practice</u> 3:30PM-5:30PM</p>	<p><u>No Junior Varsity Practice</u></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>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
	<p><u>Morning Lift</u> 7AM</p> <p><u>Practice</u> 3:30PM-5:30PM</p>	<p><u>Practice</u> 3:30PM-5:30PM</p> <p><u>Roll Mats</u> 5:30PM-6PM</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>Practice</u> 3:30PM-5:30PM</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>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>Beast of the East</b>	<p><u>Practice &amp; Lift</u> 9AM-12PM</p>	<p><u>Practice &amp; Lift</u> 9AM-12PM</p>	<p><u>Practice &amp; Lift</u> 9AM-12PM</p>	<p><u>Practice &amp; Lift</u> 9AM-12PM</p>	<p><u>No Practice</u></p>	<p><u>No Practice</u></p>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
	<p><u>Practice &amp; Lift</u> 9AM-12PM</p>	<p><u>Practice &amp; 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>