

**September /October 2016**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 <a href="#">AWC Duals</a> <a href="#">Broad Run H.S.</a>	26 7AM Lift	27 7AM Lift Practice 3:30PM-5PM	28 NO MORNING LIFT	29 7AM Lift <b>Wrestling Meeting</b> <b>3PM in Room 111</b> Practice 3:30PM-5PM	30	1 <a href="#">VAWA Fall Training</a> <a href="#">Day at UVA</a>
2 <a href="#">Centennial Fall Kickoff</a> <a href="#">at Centennial HS (MD)</a>	3 7AM Lift	4 7AM Lift Practice 3:30PM-5PM	5 7AM Lift	6 7AM Lift Practice 3:30PM-5PM	7 No School	8 <a href="#">Interstate 64 Final 4</a> <a href="#">National Open</a> <a href="#">VA Beach</a>
9	10 No School	11 7AM Lift Practice 3:30PM-5PM	12 7AM Lift	13 7AM Lift Practice 3:30PM-5PM	14	15 <a href="#">George Mason Uni.</a> <a href="#">Fall Wrestling Clinic at</a> <a href="#">GMU Field House</a> or <a href="#">Bel Air Open</a> <a href="#">at Bel Air HS (MD)</a>
16	17 7AM Lift	18 7AM Lift No Practice	19 No Morning Lift	20 7AM Lift Practice 3:30PM-5PM	21	22
23 <a href="#">Bulldog Fall Brawl &amp;</a> <a href="#">UVA Clinic at</a> <a href="#">Westfield HS</a> or <a href="#">Mike Tyler Memorial</a> <a href="#">Watkins Mill HS (MD)</a> or <a href="#">Lock Haven Fall Classic</a>	24 7AM Lift	25 7AM Lift Practice 3:30PM-5PM	26 7AM Lift	27 7AM Lift Practice 3:30PM-5PM	28	29
30 <a href="#">Crush Cancer at St</a> <a href="#">Johns College HS</a>	31 7AM Lift					

**November**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 7AM Lift	2 7AM Lift	3 7AM Lift	4 2Hour Early Release End of 1 <sup>st</sup> Quarter	5
6	7 Start of Season No School Practice TBA	8 No School Practice TBA				