

**Coach Mooney Individual Practice Schedule**

- **Tuesday, January 2** – Daniel Tohti, Lily Vargas, AJ Crews, Arbind Pant, Dylan San Gabriel, Tyler Cefola, Riley Morgan, Jakob Hemmerich, Julian Santos, Paul Jacobs, Denzel Bain, Javier Leon Martinez, Andres Sagastume, Marcus Lovett, Raymond Shircliff
- **Wednesday, January 3** – Jose Lopez, Sijal Chudal, Callum Connor, Anthony Barr, Kevin Montano, Ryan Romero, Alex Iparraguirre, Erick Samame, Daniel Morris, James Felix, Fahed Omeish, 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
- **Monday, January 8** – Daniel Tohti, Lily Vargas, AJ Crews, Arbind Pant, Dylan San Gabriel, Tyler Cefola, Riley Morgan, Jakob Hemmerich, Julian Santos, Paul Jacobs, Denzel Bain, Javier Leon Martinez, Andres Sagastume, Marcus Lovett, Raymond Shircliff
- **Tuesday, January 9** – Jose Lopez, Sijal Chudal, Callum Connor, Anthony Barr, Kevin Montano, Ryan Romero, Alex Iparraguirre, Erick Samame, Daniel Morris, James Felix, Fahed Omeish, Joe Bresnahan, Shase Uddin, Mario Gonzalez-Escobar, Jun Lee, Najji Zien, Darell Narciso, Adam El-Zoobi, Jack Madaj, Donnell Solomon, Antonio Reyes
- **Friday, January 12** – Daniel Tohti, Lily Vargas, AJ Crews, Arbind Pant, Dylan San Gabriel, Tyler Cefola, Riley Morgan, Jakob Hemmerich, Julian Santos, Paul Jacobs, Denzel Bain, Javier Leon Martinez, Andres Sagastume, Marcus Lovett, Raymond Shircliff
- **Tuesday, January 16** – Daniel Tohti, Lily Vargas, AJ Crews, Arbind Pant, Dylan San Gabriel, Tyler Cefola, Riley Morgan, Jakob Hemmerich, Julian Santos, Paul Jacobs, Denzel Bain, Javier Leon Martinez, Andres Sagastume, Marcus Lovett, Raymond Shircliff
- **Friday, January 19** – Jose Lopez, Sijal Chudal, Callum Connor, Anthony Barr, Kevin Montano, Ryan Romero, Alex Iparraguirre, Erick Samame, Daniel Morris, James Felix, Fahed Omeish, Joe Bresnahan, Shase Uddin, Mario Gonzalez-Escobar, Jun Lee, Najji Zien, Darell Narciso, Adam El-Zoobi, Jack Madaj, Donnell Solomon, Antonio Reyes
- **Monday, January 22** – Daniel Tohti, Lily Vargas, AJ Crews, Arbind Pant, Dylan San Gabriel, Tyler Cefola, Riley Morgan, Jakob Hemmerich, Julian Santos, Paul Jacobs, Denzel Bain, Javier Leon Martinez, Andres Sagastume, Marcus Lovett, Raymond Shircliff
- **Tuesday, January 30** – Jose Lopez, Sijal Chudal, Callum Connor, Anthony Barr, Kevin Montano, Ryan Romero, Alex Iparraguirre, Erick Samame, Daniel Morris, James Felix, Fahed Omeish, Joe Bresnahan, Shase Uddin, Mario Gonzalez-Escobar, Jun Lee, Najji Zien, Darell Narciso, Adam El-Zoobi, Jack Madaj, Donnell Solomon, Antonio Reyes
- **Wednesday, January 31** – Daniel Tohti, Lily Vargas, AJ Crews, Arbind Pant, Dylan San Gabriel, Tyler Cefola, Riley Morgan, Jakob Hemmerich, Julian Santos, Paul Jacobs, Denzel Bain, Javier Leon Martinez, Andres Sagastume, Marcus Lovett, Raymond Shircliff

| December 2017   |   |   |   |  |  |
|---|---|---|---|--|--|
| Mon   | Tue   | Wed   | Thu   | Fri  | Sat  |
| <b>1</b><br>No Practice   | <b>2</b><br>Mooney Practice 6AM<br><br>Practice 3:30PM-5:30PM<br><br>Laundry<br>Anthony Barr<br>Mohamed Arabi<br>Callum Connor<br>Hwang, Brendon<br>Jones, Nick   | <b>3</b><br>Mooney Practice 6AM<br><br>Lift 7AM<br><br>Practice 3:30PM-5:30PM<br>***Bring Laptop to Practice***<br><br>Laundry<br>Sijal Chudal<br>Jose Lopez<br>Keating, Ryan<br>Klosky, Benjamin   | <b>4</b><br>JV MANDATORY<br>Track Wrestling Training<br>3PM-4:30PM<br><br>JV at Washington & Lee<br>Bus 4:30PM<br>Wrestle 6PM-9PM<br><br>Varsity Practice<br>3:30PM-5:30PM<br><br>Laundry<br>Denzel Bain<br>Paul Jacobs<br>Julian Santos<br>Lett, Kevin<br>Marcelin, Carl   | <b>5</b><br>Joe Verciglio Tournament<br>All CHS Wrestlers<br>3PM to 10PM<br><br>Laundry<br>Jakob Hemmerich<br>Riley Morgan<br>Tyler Cefola<br>Nguyen, Ethan<br>Nguyen, Joshua<br>Nickel, Aaron   | <b>6</b><br>Joe Verciglio Tournament<br>All CHS Wrestlers<br>9AM to 9PM<br><br>Laundry<br>Dylan San Gabriel<br>Arbind Pant<br>AJ Crews<br>Paguiligan, Kyle<br>Parrish, Logan |
| <b>8</b><br>Mooney Practice 6AM<br><br>Lift 7AM<br><br>JV Study Hall<br>3PM-4:30PM<br><br>JV at West Potomac<br>Bus 4:30PM<br>Wrestle 6PM-9PM<br><br>Varsity Practice<br>3:30PM-5:30PM<br><br>Laundry<br>Ramos, Ariana<br>Ransom, Gabe<br>Riley, Nolan<br>Rodriguez, Ruben<br>Sabeeh, Hussien | <b>9</b><br>Mooney Practice 6AM<br><br>Practice<br>3:30PM-5:30PM<br><br>Laundry<br>Sahm, Aidan<br>Sheard, Isabelle<br>Sherman, John<br>Solano Bonilla, Leslie<br>Somboonpakron, Ethan                               | <b>10</b><br>NO JV PRACTICE<br><br>Varsity at Madison<br>Bus 3:30PM<br>Weigh-In 4PM<br>Wrestle 5PM C'Ville<br>Wrestle 6:30PM Madison<br>Wrestle 8PM Westfield<br><br>Laundry<br>Tamayo, Lorenzo<br>Tan, Leon<br>Tarzi, Barkath<br>Zampielo, Colton<br>Zaunfuchs, Julian<br>Zien Alabdin, Beshar   | <b>11</b><br>Practice<br>3:30PM-5:30PM<br><br>Laundry<br>Jack Madaj<br>Adam El-Zoobi<br>Darell Narciso<br>Alnablsi, Yazan<br>Beck, Joseph   | <b>12</b><br>Mooney Practice 6AM<br><br>Lift 7AM<br><br>Practice<br>3:30PM-5:30PM<br><br>Laundry<br>Naji Zien<br>Jun Lee<br>Mario Gon.-Escobar<br>Bartram, Christian<br>Bradford, Nick   | <b>13</b><br>Judges Invitational at<br>John Handley HS<br>Bus 6AM<br>Weigh-In 8AM<br>Wrestle 10AM<br><br>NO JV PRACTICE  |
| <b>15</b><br>No School<br><br>Practice 9AM-11AM<br><br>Laundry<br>Alex Iparraguirre<br>Ryan Romero<br>Kevin Montano<br>Garling, Tristen<br>Harper, Matthew  | <b>16</b><br>Mooney Practice 6AM<br><br>Lift 7AM<br><br>Practice<br>3:30PM-5:30PM<br><br>Laundry<br>Raymond Shircliff<br>Marcus Lovett<br>Andres Sagastume Davis, Alexander<br>De Paris, Nathan<br>Davis, Alexander | <b>17</b><br>All Team Study Hall<br>3:10PM-4:30PM<br><br>Varsity at Chantilly<br>JV A-Team at Chantilly<br>SENIOR NIGHT<br>Weigh-In 5PM<br>JV A-Team Wrestle 6PM<br>Varsity Wrestle 7PM<br><br>JV at Yorktown<br>Bus 4:30PM<br>Weigh-In 5PM<br>Wrestle 6PM-9PM<br><br>Laundry<br>Javier Leon<br>Antonio Reyes<br>Donnell Solomon<br>Derbala, Hassan<br>Dinh, Ryan | <b>18</b><br>Practice<br>3:30PM-5:30PM<br><br>Laundry<br>James Felix<br>Daniel Morris<br>Erick Samame<br>Driggers, Connor<br>Enkhbayar, Dulguun   | <b>19</b><br>Mooney Practice 6AM<br><br>Lift 7AM<br><br>Practice<br>3:30PM-5:30PM<br><br>Laundry<br>Fahed Omeish<br>Shase Uddin<br>Joe Bresnahan<br>Chavez-Lizama, Jaden<br>Colaco, Anand  | <b>20</b><br>Varsity Quad at Woodberry Forest<br>Bus 9:30AM<br>Weigh-In 11:30AM<br>Wrestle 12:30PM   |
| <b>22</b><br>Mooney Practice 6AM<br><br>Lift 7AM<br><br>Practice<br>3:30PM-5:30PM<br><br>Laundry<br>Anthony Barr<br>Mohamed Arabi<br>Callum Connor<br>Hwang, Brendon<br>Jones, Nick   | <b>23</b><br>Practice<br>3:30PM-5:30PM<br><br>Laundry<br>Sijal Chudal<br>Jose Lopez<br>Keating, Ryan<br>Klosky, Benjamin  | <b>24</b><br>Varsity Quad at Colgan<br>Bus 3:30PM<br>Weigh-In 5PM<br>Wrestle 6PM<br><br>JV Practice<br>3:30PM-5:30PM<br><br>Laundry<br>Denzel Bain<br>Paul Jacobs<br>Julian Santos<br>Lett, Kevin<br>Marcelin, Carl<br>Nguyen, Joshua   | <b>25</b><br>2-Hour Early Release<br><br>Junior Varsity Conference<br>Tournament at Oakton<br>Bus 3PM<br>Weigh-In 4PM<br>Wrestle 5PM<br><br>Varsity Practice<br>1PM-3PM<br><br>Laundry<br>Jakob Hemmerich<br>Riley Morgan<br>Tyler Cefola<br>Nguyen, Ethan<br>Nickel, Aaron | <b>26</b><br>No School<br><br>Junior Varsity Northern Region<br>Tournament at Westfield<br>Bus 6:30AM<br>Weigh-In 7AM<br>Wrestle 9AM<br><br>Varsity at Poquoson<br>Charter Bus 12:30PM<br>Weigh-In 6PM<br>Wrestle 7PM<br><br>Laundry<br>Dylan San Gabriel<br>Arbind Pant<br>AJ Crews<br>Paguiligan, Kyle<br>Parrish, Logan | <b>27</b><br>No Practice   |
| <b>29</b><br>No School<br><br>Practice 9AM-11AM<br><br>Laundry<br>Jack Madaj<br>Adam El-Zoobi<br>Darell Narciso   | <b>30</b><br>Mooney Practice 6AM<br><br>Practice<br>3:30PM-5:30PM<br><br>Laundry<br>Naji Zien<br>Jun Lee<br>Mario Gon.-Escobar  | <b>31</b><br>Mooney Practice 6AM<br><br>Lift 7AM<br><br>Practice<br>3:30PM-5:30PM<br><br>Laundry<br>Alex Iparraguirre<br>Ryan Romero<br>Kevin Montano   | <b>1</b><br>Practice<br>3:30PM-5:30PM<br><br>Laundry<br>Raymond Shircliff<br>Marcus Lovett<br>Andres Sagastume<br>Alexander Davis   | <b>2</b><br>6A VA Concorde Conference<br>Tournament at Westfield<br>Class Dismissal 9AM<br>Bus 9:30AM<br>Weigh-In 10:30AM<br>Wrestle 12:30PM<br>JV Bus 4:30PM<br><br>Laundry<br>Javier Leon<br>Antonio Reyes<br>Donnell Solomon  | <b>3</b><br>Practice TBD   |