

November 2017					
Mon	Tue	Wed	Thu	Fri	Sat
13 Coach Mooney Individual Practice 6AM Varsity Lift 7AM Practice 3:30PM-5:30PM	14 Practice 3:30PM-5:30PM	15 Coach Mooney Individual Practice 6AM Varsity Lift 7AM Hydration testing during school day in training room. Practice 3:30PM-5:30PM	16 Scrimmage at Robinson Secondary 5PM-6:30PM GMU vs Oregon at GMU Rec Athletic Complex 7PM Laundry Raymond Shircliff Marcus Lovett Andres Sagastume	17 Practice 3:30PM-5:30PM Laundry Javier Leon Antonio Reyes Donnell Solomon	18 Scrimmage at Brensville District High School Bus 7AM Wrestle 9AM-11AM Laundry Jack Madaj Adam El-Zoobi Darell Narciso
20 Varsity Practice 6AM Winter pictures after school in wrestling room. No practice after pictures. Parent Meeting 7PM CHS Auditorium Laundry Naji Zien Jun Lee Mario Gon.-Escobar	21 Practice 3:30PM-5:30PM Laundry Fahed Omeish Shase Uddin Joe Bresnahan	22 2-Hour Early Release Coach Mooney Individual Practice 6AM Varsity Lift 7AM Practice 1PM-3:30PM Laundry James Felix Daniel Morris Erick Samame	23 Thanksgiving No Practice	24 Varsity Practice 9AM-11AM Laundry Alex Iparraguirre Ryan Romero Kevin Montano	25 Varsity Practice 9AM-11AM Laundry Anthony Barr Mohamed Arabi Callum Connor
27 Coach Mooney Individual Practice 6AM Varsity Lift 7AM Practice 3:30PM-5:30PM Laundry Sijal Chudal Stephen O'Donnell Jose Lopez	28 Varsity Practice 6AM Junior Varsity Practice 3:30PM-5:30PM Laundry Denzel Bain Paul Jacobs Julian Santos	29 Coach Mooney Individual Practice 6AM Varsity Lift 7AM Varsity Practice 3:30PM-5:30PM Junior Varsity at West Springfield Bus 4:30PM Wrestle 6PM-9PM Laundry Jakob Hemmerich Riley Morgan Tyler Cefola	30 Varsity Practice 3:30PM-5:30PM JV Study Hall 3:10PM-5PM Laundry Dylan San Gabriel Arbind Pant AJ Crews	1 Coach Mooney Individual Practice 6AM Practice 3:30PM-5:30PM Laundry Lily Vargas Daniel Tohti	2 Chantilly Duals All CHS wrestlers should arrive at 10AM Varsity Weigh-In 11AM Wrestle 12PM

Coach Mooney Individual Practice Schedule

- **Wednesday, November 15** – Daniel Tohti, Lily Vargas, AJ Crews, Arbind Pant, Dylan San Gabriel, Tyler Cefola, Riley Morgan, Jakob Hemmerich, Julian Santos, Paul Jacobs, Denzel Bain
- **Wednesday, November 22** – Jose Lopez, Stephen O'Donnell, Sijal Chudal, Callum Connor, Anthony Barr, Kevin Montano, Ryan Romero, Alex Iparraguirre, Erick Samame, Daniel Morris, James Felix, Fahed Omeish
- **Monday, November 27** – Joe Bresnahan, Shase Uddin, Mario Gonzalez-Escobar, Jun Lee, Naji Zien, Darell Narciso, Adam El-Zoobi, Jack Madaj, Donnell Solomon, Antonio Reyes
- **Wednesday, November 29** – Javier Leon Martinez, Andres Sagastume, Marcus Lovett, Raymond Shircliff
- **Friday, December 1**– Daniel Tohti, Lily Vargas, AJ Crews, Arbind Pant, Dylan San Gabriel, Tyler Cefola, Riley Morgan, Jakob Hemmerich, Julian Santos, Paul Jacobs