November 2017					
Mon	Tue	Wed	Thu	Fri	Sat
6	7	8	9	10	11
First Day of Practice	No School	Coach Mooney	JV Practice	Coach Mooney	Varsity Practice
		Individual Practice	3:30PM-5:30PM	Individual Practice	9AM-11AM
No School	Practice	6AM		6AM	
	8AM-10:30AM		Varsity Study Hall		
Practice		Mandatory Lift	3:10PM-4:30PM	Mandatory Lift	
12PM-4PM		7AM		7AM	
Meet outside of			Varsity Practice		
upstairs boy's locker		JV Practice	4:45PM-6:45PM	Practice	
room.		3:30PM-5:30PM		3:30PM-5:30PM	
		Varsity Study Hall			
		3:10PM-4:30PM			
		Varsity Practice			
		4:45PM-6:45PM			
13	14	15	16	17	18
Coach Mooney	Practice	Coach Mooney	Scrimmage at	Practice	Scrimmage at
Individual Practice	3:30PM-5:30PM	Individual Practice	Robinson Secondary	3:30PM-5:30PM	Brenstville District
6AM		6AM	4PM-6PM		High School
Varsity Lift		Varsity Lift	GMU vs Oregon at		Bus 7AM
7AM		7AM	GMU Rec Athletic		Wrestle 9AM-11AM
			Complex 7PM		
Practice		Hydration testing			
3:30PM-5:30PM		during school day in			
		training room.			
		Dunatia -			
		Practice			
	24	3:30PM-5:30PM	22	24	25
20	21	22	23	24	25
Varsity Practice	Practice	2-Hour Early Release	Thanksgiving	Varsity Practice	Varsity Practice
6AM	3:30PM-5:30PM	Coach Mooney	No Dractice	9AM-11AM	9AM-11AM
Winter pictures after		Coach Mooney Individual Practice	No Practice		
school in wrestling		6AM			
room. No practice		UAIVI			
after pictures.		Varsity Lift			
ajter pietares.		7AM			
Parent Meeting 7PM		77.00			
CHS Auditorium		Practice			
		1PM-3:30PM			
27	28	29	30		
Coach Mooney	Practice	Varsity Lift	Practice		
Individual Practice	3:30PM-5:30PM	7AM	3:30PM-5:30PM		
6AM					
		Varsity Practice			
Varsity Lift		3:30PM-5:30PM			
7AM					
		Junior Varsity at			
Practice		West Springfield			
3:30PM-5:30PM		Bus 4:30PM			
		Wrestle 6PM-9PM			