

November					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 <b>First Day of Practice</b> 2:30PM-6PM <i>Meet in front of boy's locker room upstairs with all paperwork and workout gear.</i>	11 <b>Morning Workout</b> 6AM-6:45AM  <b>JV Practice</b> 2:25PM-4:30PM  <b>Varsity Study Hall</b> 2:25PM-3:50PM  <b>Varsity Practice</b> 4:00PM-5:30PM  <b>**Touching Bases**</b> <i>School Starts at 10:20AM</i>	12 <b>Morning Workout</b> 6AM-6:45AM  <b>JV Practice</b> 2:25PM-4:30PM  <b>Varsity Study Hall</b> 2:25PM-3:50PM  <b>Varsity Practice</b> 4:00PM-5:30PM	13 <b>Morning Workout</b> 6AM-6:45AM  <b>JV Practice</b> 2:25PM-4:30PM  <b>Varsity Study Hall</b> 2:25PM-3:50PM  <b>Varsity Practice</b> 4:00PM-5:30PM	14 <b>Morning Workout</b> 6AM-6:45AM  <b>Practice</b> 2:25PM-5:30PM	15 <b>Practice</b> 9AM-11:30AM
17 <b>Morning Workout</b> 6AM-6:45AM  <b>Study Hall</b> 2:25PM-3:50PM  <b>Practice</b> 4:00PM-6PM	18 <b>Morning Workout</b> 6AM-6:45AM  <b>Study Hall</b> 2:25PM-3:50PM  <b>Practice</b> 4PM-6PM	19 <b>Weight Certification</b> 2:25PM  <b>Scrimmage at Chantilly (Stone Bridge)</b> <i>Arrive CHS: 5:00PM</i> <i>Start: 6PM</i> <i>End: 8PM</i>	20 <b>Morning Workout</b> 6AM-6:45AM  <b>Study Hall</b> 2:25PM-3:50PM  <b>Practice</b> 4PM-6PM	21 <b>Morning Workout</b> 6AM-6:45AM  <b>Study Hall</b> 2:25PM-3:50PM  <b>Practice</b> 4PM-6PM	22 <b>Scrimmage at Broad Run</b> <i>Arrive CHS: 7:30AM</i> <i>Bus: 7:45AM</i> <i>Start: 9AM</i> <i>End: 11AM</i>
24 <b>Pictures (Wrestling Room)</b> 2:25PM  <b>Practice</b> 4:00PM-6PM  <b>Parent Meeting</b> 7PM in Cafeteria	25 <b>Study Hall</b> 2:25PM-3:50PM  <b>OLAGS</b> 2:25PM-3:50PM  <b>Practice</b> 4:00PM-6PM	26 <b>2-Hour Early Dismissal Practice</b> 12:30PM-3PM	27 <b>Happy Thanksgiving</b> <i>No Practice</i>  <b>Turkey Trot (optional)</b> <i>Virginiarun.com</i>	28 <b>Practice</b> 8AM-10AM	29 <b>Lift</b> 9AM-10AM  <b>Scrimmage at Chantilly (Fauquier)</b> 10AM-12PM

**OLAGS** – “Optional Lifts for Academic Good Standing” this is for wrestlers who have no D’s or F’s on their 1<sup>st</sup> quarter report card/weekly grade sheet. If the wrestler is in “Academic Good Standing” then the wrestler has a choice of going to lift, staying for study hall, or staying after with a teacher.