

**November 2016**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	7 <b>No School</b>  <b>First Day of Practice</b> <i>12PM-4PM</i>	8 <b>No School</b>  <b>Election Day</b>  <b>No Practice</b>	9 <b>Practice &amp; Lift</b> <i>3:30PM-6:30PM</i>	10 <b>Practice &amp; Lift</b> <i>3:30PM-6:30PM</i>	11 <b>Practice &amp; Lift</b> <i>3:30PM-6:30PM</i>	12 <b>Practice &amp; Lift</b> <i>9AM-12PM</i>
13	14 <b>Morning Lift</b> <i>7AM</i>  <b>Practice</b> <i>3:30PM-5:30PM</i>	15 <b>Practice</b> <i>3:30PM-5:30PM</i>  <b>Parent Meeting</b> <i>6:30PM-7:30PM</i>	16 <b>Optional Morning Lift</b> <i>6:45AM</i>  <b>Practice</b> <i>3:30PM-5:30PM</i>	17 <b>Scrimmage at Chantilly</b> <b>Vs. Yorktown</b> <i>Arrive 5PM</i> <i>Wrestle 6PM-8PM</i>	18 <b>Practice</b> <i>3:30PM-5:30PM</i>	19 <b>Practice &amp; Lift</b> <i>9AM-12PM</i>
20	21 <b>Morning Lift</b> <i>7AM</i>  <b>Practice</b> <i>3:30PM-5:30PM</i>  <b>Picture Day</b> <i>4:45PM</i>	22 <b>Practice</b> <i>3:30PM-5:30PM</i>	23 <b>2 Hour Early Release</b>  <b>Practice &amp; Lift</b> <i>1PM-4PM</i>	24 <b>Thanksgiving</b>  <b>No Practice</b>	25 <b>No School</b>  <b>No Practice</b>	26 <b>Practice &amp; Lift</b> <i>9AM-12PM</i>
27	28 <b>Morning Lift</b> <i>7AM</i>  <b>Practice</b> <i>3:30PM-5:30PM</i>	29 <b>Practice</b> <i>3:30PM-5:30PM</i>	30 <b>Optional Morning Lift</b> <i>6:45AM</i>  <b>Practice</b> <i>3:30PM-5:30PM</i>	DEC 1 <b>Practice</b> <i>3:30PM-5:30PM</i>	DEC 2 <b>Practice</b> <i>3:30PM-5:30PM</i>  <b>Roll Mats</b> <i>5:30PM-6PM</i>	DEC 3 <b>Chantilly Duals</b> <i>Arrive 9AM</i> <i>Weigh-In 11AM</i> <i>Wrestle 12PM</i>