

November 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7 No School First Day of Practice 12PM-4PM	8 No School – No Practice Election Day	9 Practice & Lift 3:30PM-6:30PM	10 Practice & Lift 3:30PM-6:30PM	11 Practice & Lift 3:30PM-6:30PM	12 Practice & Lift 9AM-12PM
13	14 Morning Lift 7AM Practice 3:30PM-5:30PM	15 Practice 3:30PM-5:30PM Parent Meeting 6:30PM-7:30PM	16 Optional Morning Lift 7AM Hydration/Weight Control Testing All day during school in training room. Report during PE class or during lunch. Practice 3:30PM-5:30PM	17 Scrimmage at Chantilly Vs. Yorktown Arrive 5PM Wrestle 6PM-8PM	18 Practice 3:30PM-5:30PM	19 Practice & Lift 9AM-12PM
20	21 Morning Lift 7AM Practice 3:30PM-5:30PM Picture Day 4:45PM	22 Practice 3:30PM-5:30PM	23 Optional Morning Lift 7AM 2 Hour Early Release Practice & Lift 1PM-4PM	24 Thanksgiving No Practice	25 No School – No Practice	26 Practice & Lift 9AM-12PM
27	28 Morning Lift 7AM Practice 3:30PM-5:30PM	29 Practice 3:30PM-5:30PM	30 Optional Morning Lift 7AM Practice 3:30PM-5:30PM Junior Varsity at Westfield HS Arrive at CHS 4PM Bus 4:30PM Weigh-In 5PM Wrestle 6PM-9PM	DEC 1 Practice 3:30PM-5:30PM	DEC 2 Practice 3:30PM-5:30PM Roll Mats 5:30PM-6PM	DEC 3 Chantilly Duals Arrive 9AM Weigh-In 11AM Wrestle 12PM