

**November 2016**

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