

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8	9 <u>First Day of Practice</u> Morning Lift 6:45AM for Returners Only Practice 3:30PM- 6:30PM	10 Practice 3:30PM- 5:30PM	11 Optional Morning Lift 6:45AM for Returners Only Practice 3:30PM- 5:30PM	12 Practice 3:30PM- 5:30PM	13 Optional Morning Lift 6:45AM for Returners Only Practice 3PM- 5:30PM	14 Practice 9AM-12PM
15 <u>Virginia Tech vs Penn State Dual Blacksburg, VA (Optional)</u>	16 Morning Lift 6:45AM Practice 3:30PM- 5:30PM	17 Practice 3:30PM- 5:30PM <u>Parent Meeting 7:30PM</u>	18 Optional Morning Lift 6:45AM Practice 3:30PM- 5:30PM	19 <u>Weight Certification after school.</u> <u>Scrimmage at Chantilly Arrive at CHS 5PM Wrestle 6PM-8PM</u>	20 Practice 3PM- 5:30PM	21 Practice 10AM- 12PM <u>Community Service 12:30PM-1:30PM Making sandwiches for homeless shelter.</u>
22	23 Morning Lift 6:45AM Practice 3:30PM- 5:30PM	24 Practice 3:30PM- 5:30PM	25 Optional Morning Lift 6:45AM Practice 1:30PM- 3:30PM	26 <u>Thanksgiving</u> <u>No Practice</u>	27 <u>TENTATIVE</u> Morning Lift 9AM Practice 10AM- 12PM	28 Practice 10AM- 12PM
29	30 Morning Lift 6:45AM Practice 3:30PM- 5:30PM	Dec 1 <u>Purple vs. White Inter-Squad Match at Chantilly 6PM- 8PM</u>	Dec 2 Optional Morning Lift 6:45AM Practice 3:30PM- 5:30PM	Dec 3 Practice 3:30PM- 5:30PM	Dec 4 <u>Ray Oliver Tournament Varsity & JV Depart CHS: 11AM Weigh-In: 1PM Wrestle: 3:30PM</u>	Dec 5 <u>Ray Oliver Tournament Varsity & JV Depart CHS: 6AM Weigh-In: 8PM Wrestle: 9AM</u>