

Parents and Wrestlers,

A couple of quick items for this week. We still are in need of volunteers and donated food items for Chantilly Duals this Saturday, December 2nd. We are in desperate need of volunteers from 3PM to 6PM for concessions! Please us the link below to sign-up. Thank you so much to the parents who have already committed!

[Sign-up for Chantilly Duals](#)

IMPACT TESTING

Due to last minute planning we must have our wrestlers complete the computerized Impact Test with our Certified Athletic Trainers this week. ***If this is a student's first time playing a Chantilly High School sport then they must take the Impact Test. Also, all Freshman and Juniors must take the test, unless they played a sport this past fall season.*** Freshman, or first time athletes, will test on Thursday at 4:15PM. Juniors will test on Saturday at 8:45am. Testing will take place in room 580.

Junior Varsity wrestlers who need to take the Impact Test will be dismissed from study hall tomorrow at 4:10PM. Reminder that all Junior Varsity wrestlers have study hall tomorrow from 3:10PM to 5PM in Coach Winfrey's classroom.

On Saturday, all Varsity wrestlers should arrive at Chantilly at 8:45AM instead of the 10AM time previously posted. While Juniors are Impacting Testing, the remaining Varsity wrestlers will be introduced to juicing by Coach Mooney. Parents are also invited to attend in order to learn how to juice and to understand juicing's nutritional impact.

We will begin setting up for Chantilly Duals at 10AM on Saturday morning.

Thank You,
Coach Winfrey