

Updated as of February 1, 2018

ARRIVE 15 MINUTES PRIOR TO PRACTICE START TIMES					FREEDOM HS Start time: 7:00		ROCK RIDGE HS Start time: 7:00		CHAMPE HS 6:30 PM on T/W/TH		DESCRIPTION OF GROUPS													
Groups	Grades	Head Coaches	Assistant Coaches	Competition Venues	M	T	W	TH	F	S		M	T	W	TH	F	S	M	T	W	TH	F	S	
Black Light	K-4 Light Wts	Manetti	Ewing, Pate, Rushing	NVWF		x			x															LIGHT WEIGHTS
Black Heavy	K-4 Heavy Wts	Ferry (Not Wed)	Giovannini, Heifetz, Gauvreau, Vonk, Chen, Vorgang	NVWF	x									x										HEAVY WEIGHTS
Silver	3-5 Experienced	Giglotti (not M/F)	Marshall, Groszkowski, Phipps, Swanson	NVWF					x					x										MOSTLY 3RD - 5TH GRADERS
Gold	6-8	Davis & Harris	Fajardo, Diaz, Dineen	NVWF				x																MOSTLY MIDDLE SCHOOL KIDS
Mason Dixon Blue Light	4-8 Select	Hoskins	Morrison, Kontzias, Beyer	MDWL/ CAWL																				LONGER DAY COMPETITIONS MASON DIXON/ CAWL
Development Group	4-8 Select	Hoskins	Marohn, Marck, Peterson, McMahon	MDWL/ CAWL																				TRAVEL & ADVANCED MASON DIXON, CAWL, OPEN

NOTES:

*** START TIMES FOR PRACTICES FOR FREEDOM AND ROCK RIDGE ARE 7:00 PM

*** ENTER AND EXIT ALL SCHOOLS THROUGH THE FRONT DOORS OF THE BUILDINGS

*** FREEDOM HIGH SCHOOL ADDRESS: 25450 Riding Center Dr, Chantilly, VA 20152

*** ROCK RIDGE HIGH SCHOOL ADDRESS: 43460 Loudoun Reserve Dr, Ashburn, VA 20148

*** JOHN CHAMPE HIGH SCHOOL ADDRESS: 41535 Sacred Mountain St, Aldie, VA 20105

(1) Hoskins team travels to Loudoun County HS every other Wednesday for CAWL practices; whereas Rangers travel to Champe on odd Wednesdays

(2) Saturdays are periodically available at Champe for practices

(3) Room assignment exceptions may be made based on family situations, weight, grade, and other circumstances

(4) Room definitions are basically a guideline

(5) NVWF requires no advance registrations, you simply show up the day of the event, and age groups are phased through the day

(6) MDWL and CAWL require registrations well in advance of each tournament date, and you are there much of the day

(7) Silver and Gold groups periodically hold optional practices on Friday evenings for extra learning sessions

(8) All practice groups are 2x per week; Silver and Gold has option practices on Fridays

(9) Practices for the Mason Dixon and Devgru are T, W, TH

*** Wednesday practices altering between Champe and Loudoun County practices held 6:30 - 8:15 pm**