



**WEEKLY FALL SCHEDULE**  
**September 06 thru November 01**  
[WWW.NOVAWC.ORG](http://WWW.NOVAWC.ORG)

<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THURS</b>	<b>FRI</b>
6-7PM Beginners & 8yrs-U @ NOVA Facility <small>(Sept 6 thru Nov 01)</small>		6-7PM 8 yrs & under practice + beginner wrestlers @ NOVA Facility <small>(Sept 6 thru Nov 01)</small>		5-6:30PM Supplemental Training @ NOVA Facility <small>(Sept 06 thru Nov 01)</small>
7-8:30PM Experienced wrestlers @ NOVA Facility <small>(Sept 6 thru Nov 01)</small>		7-8:30PM Experienced wrestlers @ NOVA Facility <small>(Sept 6 thru Nov 01)</small>		

The NOVA Wrestling Club facility is located at 3170 Campbell Drive, Fairfax, VA.

Parking is not available on the premises; parents must drop wrestlers off.

Pickup for beginner practice is at 7PM; Pickup for experienced wrestlers is at 8:30