



DHS Wrestling 2008-09



<u>Date</u>	<u>Event</u>	<u>Site</u>	<u>Time</u>
12/11	MacArthur Scrimmage	MAC	5:30 pm
12/17	Fairfield Ludlowe	Fairfield Ludlowe	4:00 pm
12/20	Plainville B	Plainville	10:00 am
12/23	Stamford	Stamford	4:00 pm
12/26	Nonnewaug JV	Nonnewaug	10:00 am
12/27	Ryan Sabbagh Danbury Holiday Tourney	Home	10:00 am
12/30	Norwalk/Greenwich/Simsbury	Home	10:00 am
1/2 & 1/3	Redskin Invitational Tourney	Sanford, ME	TBD
1/5	Trumbull JV Dual	Trumbull	4:00 pm
1/9-10	Eastern States	New York	TBD
1/14	Bridgeport Co-op	Bridgeport	4:00 pm
1/19	Mt. Anthony	Bennington, VT	4:00 pm JV
		MAU	5:00 pm Var
1/21	Westhill/Southington	Home	5:00 pm
1/24	Patton JV Tourney	Home	9:30 am
1/26	Staples/Ridgefield	Home	5:00 pm
1/31	NFA/Waterford/MacAurthur	Home	9:00am
2/4	Trumbull	Trumbull	7:00 pm
2/7	Bristol Central JV	Bristol Central	10:00 am
2/10	Fairfield Warde	Home	5:00 pm
2/13-14	FCIAC's	New Canaan	4:30 pm
2/16	JV STATES	NFA	10:00 am
2/20-21	State LL's	Trumbull	5:00 pm
2/27-28	State Open	New Haven	5:00 pm
3/7-3/8	New England's	New Haven	5:00 pm
4/1-4/7	Fresh/Soph/Jr/Sr Nationals	VIRGINA	TBD

-All dates and times are subject to change; ask coaching staff for updates.

-Head Coach:

Ricky Shook

Phone Numbers

203-790-0581 (home); 203-748-1933 (work); 203-948-6013 (cell)

-Assistant Coaches:

Matt Laskowski 203-648-6440

Steve Botelho

Nick Weyer

-Weightlifting Coach:

Abi Scudder 203-438-0569