



DHS Wrestling 2010-11



| <u>Date</u> | <u>Event</u> | <u>Site</u> | <u>Time</u> |
|-------------|--|-----------------|---------------------------|
| 12/16 | New Canaan | Home | 4:00 pm |
| 12/18 | @ Clarkstown North | Clarkstown | 10:00 am |
| 12/18 | @ Plainville B | Plainville | 10:00 am |
| 12/21 | Harding | Home | 4:00 pm |
| 12/23 | @ Bridgeport | Bridgeport | 4:00 pm |
| 12/27 | Danbury Holiday Tournament | Home | 10:00 am |
| 12/29 | Greenwich/Brien McMahon/ Norwalk/Xavier | Home | 10:00 am |
| 12/30 | @ Bacon Academy JV/Xavier JV/ Simsbury JV | Bacon Academy | 10:00 am |
| 1/5 | Ridgefield/Fairfield Warde | Home | 4:00 pm |
| 1/7-1/8 | @ Redskin Tourney | Maine | TBD |
| 1/8 | @ Bristol Eastern JV Tourney | Bristol Eastern | 10:00 am |
| 1/14-15 | @ Eastern States | New York | TBD |
| 1/15 | @ Fermi JV | Enrico Fermi | 10:00 am |
| 1/17 | @ Mount Anthony Union | Bennington, VT | 6:00 pm JV 7:00 pm Var |
| 1/19 | @ Stamford | Stamford | 4:00 pm |
| 1/22 | Patton JV Tournament | Home | 9:30 am |
| 1/29 | NFA/Middletown | Home | 9:00 am |
| 2/3 | Staples | Home | 4:00 pm |
| 2/5 | @ New Milford | New Milford | 6:00 pm |
| 2/7 | @ Westhill | Westhill | 6:00 pm |
| 2/8 | Trumbull | TBD | TBD |
| 2/11-12 | @ FCIAC's | New Canaan | 4:30 pm |
| 2/18-19 | @ State LL's | Trumbull | 5:00 pm |
| 2/21 | @ JV States | Pomperaug | 10:00 am |
| 2/25-26 | @ State Open | New Haven | 5:00 pm |
| 3/4-5 | @ New England's | New Haven | 5:00 pm |
| 3/30-4/3 | @ Freshman/Sophomore/ Junior/Senior Nationals | Virginia | TBD |

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

Head Coach:

Ricky Shook

Phone Numbers

203-790-0581 (H); 203-748-1933 (W); 203-948-6013 (C)

Assistant Coach:

Matt Laskowski 203-648-6440

Weightlifting Coach:

Abi Scudder 203-438-0569