



# DHS Wrestling 2013-14



<u>Date</u>	<u>Event</u>	<u>Site</u>	<u>Time</u>
12/18/13	<b>Norwalk</b>	<b>Home</b>	5:00 pm
12/21/13	@ Clarkstown North	Clarkstown	10:00 am
12/21/13	@ Plainville B	Plainville	10:00 am
12/23/13	@ Nonnewaug JV	Nonnewaug	10:00 am
12/27/13	<b>Stamford</b>	<b>Home</b>	2:00 pm
12/28/13	<b>Danbury Holiday Tournament</b>	<b>Home</b>	10:00 am
<del>1/3-4/14</del>	<del>@ Spartan Tourney</del>	<del>Maine</del>	<del>TBD</del>
1/4/14	@ Blue Knight Duals	Southington	9:00 am
1/4/14	@ Bristol Eastern JV Tourney	Bristol Eastern	10:00 am
1/8/14	@ Staples	Staples	6:00 pm
1/10-11/14	@ Eastern States	New York	TBD
1/11/14	@ Trumbull JV	Trumbull	10:00 am
1/15/14	@ Ridgefield	Ridgefield	7:00 pm
1/17/14	<b>Simsbury</b>	<b>Home</b>	5:00 pm
1/18/14	<b>Patton JV Tournament</b>	<b>Home</b>	9:30 am
1/20/14	<b>Mount Anthony Union</b>	<b>Home</b>	4:30 pm JV 6:00 pm Var
1/23/14	<b>New Milford JV</b>	<b>Home</b>	6:00 pm
1/25/14	<b>Trumbull/Warick Vet (RI)/Loomis Chaffee</b>	<b>Home</b>	9:00 am
1/29/14	@ Bridgeport Central	Bridgeport Central	4:30 pm
2/1/14	@ New Fairfield Duals	New Fairfield	9:00 am
2/5/13	@ Fairfield Warde	Fairfield Warde	6:00 pm
2/8/14	<b>Greenwich/Harding/Darien/ New Milford/Xavier</b>	<b>Home</b>	9:00 am
2/14-15/14	@ FCIAC's	New Canaan	4:30 pm
2/17/14	@ JV State's	Pomperaug	10:00 am
2/21-22/14	@ State LL's	Trumbull	5:00 pm
2/28-3/1/14	@ State Open	New Haven	5:00 pm
3/7-8/14	@ New England's	Providence, RI	5:00 pm
3/26-30/14	@ Freshman/Sophomore/ Junior/Senior Nationals	Virginia	TBD

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

**Head Coach: Phone Numbers**

Ricky Shook 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