



DHS Wrestling 2014-15



<u>Date</u>	<u>Event</u>	<u>Site</u>	<u>Time</u>
12/18/14	@ Westhill	Westhill	4:00 pm
12/20/14	@ Clarkstown North	Clarkstown, NY	10:00 am
12/20/14	@ Plainville B	Plainville	10:00 am
12/23/14	Ridgefield	Home	4:30 pm
12/27/14	Ryan Sabbagh Holiday Tournament	Home	10:00 am
12/30/14	Fairfield Ludlow/New Canaan/Staples	Home	9:00 am
1/3/15	@ Bristol Eastern JV Tourney	Bristol Eastern	10:00 am
1/2-3/15	SWAT Tourney	Sanford, ME	TBD
1/7/15	@ Trumbull	Trumbull	6:00 pm
1/9-10/15	@ Eastern States	Loch Sheldrake, NY	TBD
1/10/15	@ Trumbull JV	Trumbull	10:00 am
1/14/15	@ Greenwich	Greenwich	5:00 pm
1/16/15	Simsbury	Home	5:00 pm
1/17/15	Patton JV Tournament	Home	9:30 am
1/19/15	Mount Anthony Union	Bennington, VT	4:30 pm JV 6:00 pm Var
1/22/15	New Milford JV	Home	6:00 pm
1/22/15	Wilton	Home	4:30 pm
1/28/15	Bridgeport Central/Newtown/Bethel	Home	5:00 pm
1/31/15	Timberlane/Xavier/Nashoba Tech	Plaistow, NH	9:00 am
2/4/15	Fairfield Warde	Home	5:00 pm
2/6/15	New Milford	Home	6:00 pm
2/10/15	@ Stamford	Stamford	6:00 pm
2/13-14/15	@ FCIAC's	New Canaan	4:30 pm
2/16/15	@ JV State's	Pomperaug	10:00 am
2/20-21/15	@ State LL's	Trumbull	5:00 pm
2/27-2/28/15	@ State Open	New Haven	5:00 pm
3/6-7/15	@ New England's	North Andover, MA	5:00 pm
3/25-29/15	@ Freshman/Sophomore/ Junior/Senior Nationals	Virginia Beach, VA	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