



DHS Wrestling 2015-16



<u>Date</u>	<u>Event</u>	<u>Site</u>	<u>Time</u>
12/16/15	@ Darien	Darien	5:00 pm
12/19/15	@ Clarkstown North	Clarkstown, NY	10:00 am
12/19/15	@ Plainville B	Plainville	10:00 am
12/22/15	@ Ridgefield	Ridgefield	7:00 pm
12/28/15	Ryan Sabbagh Holiday Tournament	Home	10:00 am
12/30/15	Bridg Central/Norwalk/Simsbury	Home	9:00 am
1/6/16	Stamford	Home	4:30 pm
1/9/16	@ Bristol Eastern JV Tourney	Bristol Eastern	10:00 am
1/8-9/16	SWAT Tourney	Sanford, ME	TBA
1/13/16	Trumbull	Home	5:00 pm
1/15-16/16	@ Eastern States	Loch Sheldrake, NY	TBD
1/16/16	@ Trumbull JV	Trumbull	10:00 am
1/18/16	Mount Anthony Union	Home	4:30 pm JV 6:00 pm Var
1/20/16	Westhill	Home	5:00 pm
1/23/16	Patton JV	Home	9:30 am
1/27/16	Fairfield Warde	Fairfield Warde	5:00 pm
1/30/16	Timberlane/Xavier/Nashoba Tech	Home	10:00 am
2/3/16	Staples	Staples	5:00 pm
2/4/16	New Milford JV	Home	4:30 pm
2/6/16	New Fairfield Duals	New Fairfield	10:00 am
2/09/16	Greenwich	Home	5:00 pm
2/12-13/16	@ FCIAC's	New Canaan	4:30 pm
2/15/16	@ JV State's	Pomperaug	10:00 am
2/19-20/16	@ State LL's	Trumbull	5:00 pm
2/26-27/16	@ State Open	New Haven	5:00 pm
3/4-5/16	@ New England's	Providence, RI	5:00 pm
4/1-3/16	@ 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