



DHS Wrestling 2016-17



<u>Date</u>	<u>Event</u>	<u>Site</u>	<u>Time</u>
12/17/16	@ Plainville Invitational - B Team	Plainville	TBD
12/17-18/16	@ Beast of the East	Newark, DE	10:00 am
12/21/16	Norwalk	Home	4:30 pm
12/23/16	Simsbury	Home	5:00 pm
12/27/16	Ryan Sabbagh Holiday Tournament	Home	10:00 am
12/29/16	@ Brien McMahon/Greenwich/ Wilton/East Haven/Norwalk	Brien McMahon	TBD
1/4/17	Fairfield Ludlowe	Home	4:30 pm
1/7/17	@ Bristol Eastern JV Tournament	Bristol Eastern	10:00 am
1/6-7/17	@ Sanford Wrestling Annual Tournament (SWAT)	Sanford, ME	TBD
1/11/17	@ Westhill	Westhill	5:00 pm
1/13-14/17	@ Eastern States Classic	Loch Sheldrake, NY	TBD
1/14/17	@ Trumbull JV Duals	Trumbull	10:00 am
1/16/17	Mount Anthony Union	Bennington, VT	4:30 pm JV 6:00 pm Var
1/18/17	Ridgefield	Home	4:30 pm
1/21/17	Patton JV Tournament	Home	9:30 am
1/23/17	@ New Milford JV Dual	New Milford	4:30 pm
1/25/17	Fairfield Warde	Home	5:00 pm
1/28/17	@ Timberlane/Xavier/Nashoba Tech	Plaistow, NH	10:00 am
1/28/17	@ Highlander Tournament - B Team	Portland, CT	10:00 am
2/1/17	@ Trumbull/Stamford	Trumbull	5:00 pm
2/4/17	New Milford	Home	2:00 pm
2/10-11/17	@ FCIAC's	New Canaan	4:30 pm
2/17-18/17	@ State LL's	Trumbull	5:00 pm
2/20/17	@ JV State's	Pomperaug	10:00 am
2/24-25/17	@ State Open	New Haven	5:00 pm
3/3-4/17	@ New England's	Providence, RI	5:00 pm
3/24-26/17	@ 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:

James Ascone 203-648-7669

Weightlifting Coach:

Abi Scudder 203-438-0569