



DHS Wrestling 2018-19



<u>Date</u>	<u>Event</u>	<u>Site</u>	<u>Time</u>
12/12/18	Brien McMahon	Home	5:00 pm
12/15/18	@ Plainville Invitational	Plainville	9:00 am
12/19/18	Fairfield Warde	Home	5:00 pm
12/22-23/18	@ Beast of the East	Newark, DE	5:00 pm
12/27/18	@ Wilton	Wilton	10:00 am
12/29/18	Ryan Sabbagh Holiday Tournament	Home	10:00 am
1/3/19	@ Westhill	Westhill	5:00 pm
1/4-5/19	@ Sanford Wrestling Annual Tournament (SWAT)	Sanford ME	4:30 pm
1/5/19	@ Bristol Eastern JV Tournament	Bristol Eastern	10:00 am
1/7/19	@ Ridgefield/New Milford/Wilton JV Dual	Ridgefield	3:00 pm
1/9/19	@ Staples/Ridgefield	Staples	6:00 pm
1/11-12/19	@ Eastern States Classic	Loch Sheldrake, NY	TBD
1/12/19	@ Trumbull JV Duals	Trumbull	10:00 am
1/16/19	@ Trumbull	Trumbull	6:00 pm
1/19/19	Patton JV Tournament	Home	9:00 am
1/21/19	@ Mount Anthony Union	Bennington, VT	5:00 pm
1/26/19	@ Timberlane/Xavier/Nashoba	Plaistow, NH	9:30 am
1/26/19	@ Norwalk JV Tournament	Norwalk	TBA
1/30/19	@ Stamford	Stamford	4:00 pm
2/1/19	New Canaan/Fairfield Ludlowe/Manchester	Home	4:30 pm
2/5/19	Greenwich	Home	5:00 pm
2/8-9/19	@ FCIAC's	New Canaan	4:30 pm
2/15-16/19	@ State LL's	Trumbull	5:00 pm
2/18/19	@ Pomperaug JV Invitational	Pomperaug	10:00 am
2/22-23/19	@ State Open	New Haven	5:00 pm
3/1-2/19	@ New England's	Providence, RI	5:00 pm
3/29-31/19	@ 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:

Keith Lynch

James Ascone

Weightlifting Coach:

Abi Scudder 203-438-0569