



DHS Wrestling 2019-20



<u>Date</u>	<u>Event</u>	<u>Site</u>	<u>Time</u>
12/18/19	@ Ridgefield	Ridgefield	5:00 pm
12/21-22/19	@ Beast of the East	Newark, DE	9:00 am
12/23/19	@ Trumbull JV	Trumbull	10:00 am
12/27/19	Staples	Home	5:00 pm
12/28/19	Ryan Sabbagh Holiday Tournament	Home	10:00 am
1/3-4/20	@ Sanford Wrestling Annual Tournament (SWAT)	Sanford, ME	10:00 am
1/4/20	@ Bristol Eastern JV	Bristol Eastern	10:00 am
1/6/20	@ Ridgefield/New Milford JV	Ridgefield	4:30 pm
1/8/20	Norwalk	Home	5:00 pm
1/10-11/20	@ Eastern States Classic	Loch Sheldrake, NY	TBD
1/15/20	Westhill/New Milford/Weston	Home	4:30 pm
1/18/20	@ New Milford B Team	New Milford	10:00am
1/20/20	Mount Anthony Union	Home	5:00 pm
1/22/20	Brien McMahon	Home	5:00 pm
1/25/20	Patton JV Tournament	Home	9:30 am
1/28/20	Trumbull	Home	5:00 pm
2/1/20	Timberlane/Xavier/Nashoba	Home	10:00 am
2/5/20	@ Fairfield Warde	Warde	5:00 pm
2/7/20	@ Darien/Stamford/Greenwich	Darien	4:30 pm
2/14-15/20	@ FCIAC's	New Canaan	4:30 pm
2/17/20	@ JV State's	Pomperaug	10:00 am
2/21-22/20	@ State LL's	Trumbull	5:00 pm
2/28-29/20	@ State Open	New Haven	5:00 pm
3/6-7/20	@ New England's	Providence, RI	5:00 pm
4/1-4/20	@ Freshman/Sophomore/Junior 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

Weightlifting Coach:

Abi Scudder 203-438-0569