



DELAWARE VALLEY WRESTLING

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DEL VAL SUMMER 2025 – Final Version

| Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|--|---|--|---|---|--|--------------------------------------|
| June 2 K-6 Open Mat 6:30-8PM | June 3 6-7PM Lift 7-8:15 Open Mat | June 4 6-7PM Lift 7-8:15 Open Mat | June 5 6-7PM Lift 7-8:15 Open Mat | June 6 | June 7 | June 8 |
| June 9 K-6 Open Mat 6:30-8PM | June 10 6-7PM Lift 7-8:15 Open Mat | June 11 6-7PM Lifting 7-8:15 Open Mat | June 12 6-7PM Lift 7-8:15 Open Mat | June 13 | June 14 | June 15 Steiner Clinic 10AM-12 |
| June 16 K-6 Open Mat 6:30-8PM | June 17 6-7PM Lift 7-8:15 Open Mat | June 18 8:30-9:30AM Lift 9:30-10:30 Open Mat | June 19 8:30-9:30AM Lift 9:30-10:30 Open Mat | June 20 | June 21 LYCOMING CAMP | June 22 LYCOMING CAMP |
| June 23 LYCOMING CAMP K-6 Open Mat 6:30-8PM | June 24 LYCOMING CAMP | June 25 | June 26 | June 27 | June 28 | June 29 |
| June 30 K-6 Open Mat 6:30-8PM | July 1 6-7PM Lift 7-8:15 Open Mat | July 2 8:30-9:30AM Lift 9:30-10:30 Open Mat | July 3 | July 4 | July 5 | July 6 |
| July 7 K-6 Open Mat 6:30-8PM | July 8 6-7PM Lift 7-8:15 Open Mat | July 9 8:30-9:30AM Lift 9:30-10:30 Open Mat | July 10 8:30-9:30AM Lift 9:30-10:30 Open Mat | July 11 | July 12 | July 13 |
| July 14 K-6 Open Mat 6:30-8PM | July 15 BALL & SPRAWL (Evening) Youth Bouts too! | July 16 8:30-9:30AM Lift 9:30-10:30 Open Mat | July 17 RR Day 9AM-12 at DV | July 18 | July 19 Girls Summer Showdown at NH | July 20 |
| July 21 K-6 Open Mat 6:30-8PM | July 22 6-7PM Lift 7-8:15 Open Mat | July 23 RR Day 9AM-12 at Hopewell | July 24 8:30-9:30AM Lift 9:30-10:30 Open Mat | July 25 | July 26 Farmer's Fair Duals 9AM~2 | July 27 |
| July 28 K-6 Open Mat 6:30-8PM | July 29 6-7PM Lift 7-8:15 Open Mat | July 30 8:30-9:30AM Lift 9:30-10:30 Open Mat | July 31 8:30-9:30AM Lift 9:30-10:30 Open Mat | August 1 1000 Islands Duals (Jr High) | August 2 1000 Islands Duals | August 3 1000 Islands Duals |
| Open Mats at DV Wrestling room is open to Boys & Girls (Next Year's 6 th -12 th Grades) | | | Youth Open Mats at DV Mondays for Boys and Girls from 6:30-8PM (Next Year's K - 6 th Grades) | | | |
| June 21 st – 24 th : <u>Lycoming Camp (JR HIGH & HS)</u> Overnight Camp for Grade School & High School programs. Incoming 7 th & 8 th graders are welcome! | | | July 26 th : <u>Farmers Fair Duals</u> High School Duals at the Warren County Farmers Fair. | | | |
| July 15 th : <u>BALL & SPRAWL @ WH</u> Dual meet & 7 on 7 scrimmage on the Football Field! Jr High and High School Matchups (Boys & Girls teams) K-6 Bouts may be wrestled as well! | | | <u>Round Robin Events (Boys & Girls 7-12th grades)</u> July 17 th : <u>Day #1 @ Del Val</u> July 23 rd : <u>Day #2 @ Hopewell Valley</u> No weight classes. 2 or 3 bouts for each wrestler. | | | |
| June 15 th : <u>Girls 1 day clinic at North Hunterdon (Grades 4th-12th)</u> with USA Wrestling's Girls Coaches, Terry & Troy Steiner | | | July 19 th : <u>Girls Individual Summer Showdown Tournament</u> at North Hunterdon (Entering Grades 9 th -12 th) Weigh ins at 8AM, Wrestling starts at 9:30 | | | |
| August 1 st – 3 rd : <u>1000 Islands Duals in NY</u> High School (entering 9-12 th): 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, and 285. Junior High (entering 6-9 th): 85, 90, 95, 100, 108, 116, 122, 128, 133, 138, 145, 155, 165, Unl. | | | | | | |
| BLUE: OPEN MATS | | GREEN: K-6 ONLY | | GOLD: HS ONLY | | RED: 7-12 th Grades |

A TRADITION OF EXCELLENCE

23 SECTIONAL TITLES | 11 NJ GROUP TITLES | 139 DISTRICT CHAMPS | 45 STATE PLACE WINNERS | 9 NJ STATE CHAMPS