

2024-25 DW WRESTLING

Welcome aboard!: Here are the 1st Things to do:

- 1) Make sure all Wrestlers and Parents have checked in.
- 2) Pick up a packet of forms (1 per family)
- 3) Wrestlers, please put phones away for the meeting



DE VAL WRESTLING

2025

WRESTLING

SPONSORS: ALBERDI FAMILY - ASPLUNDH ELECTRICAL TESTING - CANALES & SON CONSTRUCTION - CLAYTON CONTRACTING
CLINTON BAGEL - FRESHWATER WELL AND PUMP SERVICE NICOLE FAWTHROP (DV '97) - MCNALLY, YAROS, KACZYNSKI, & LIME
FORTIFY WRESTLING (DV '06) - HUNTERDON STORAGE - JIM'S AUTO BODY MARK BUSH (DV '88) CONSTRUCTION - PEREZ FAMILY
ROSATO EYE CARE (DV '92) - STEM BROTHERS

DECEMBER
 NOV 15 - ROBINVILLE 7:00
 SAT 14 - MENDY PANDY-LEN TOURNAMENT @ DV
 WED 18 - AT BRIDGEWATER 5 / 6:30
 SAT 23 - DV AT DV WITH HICKORY HILLS 9:30 / 11:30 / 1:30 AND LAWRENCE
 SAT 28 - JOHN COLE TOURNAMENT @ WARREN HILLS

JANUARY
 FEB 3 - @ IMMACULATA 5 / 6
 SAT 4 - QUAD @ DV WITH KITTATUNNY 9:30 / 11:30 / 1:30 WITH WEST MORRIS AND MORRIS ENCLIS
 WED 8 - NORTH HUNTERDON 4:15 / 6
 SAT 11 - HUNTERDON-WARREN-ROSSER @ PHILLIPSBURG
 WED 15 - @ HUNTERDON CENTRAL 5 / 6:30 FRI 17 PHILLIPSBURG 5 / 6:30
 SAT 18 - @ CALDWELL 4 / 5:30
 TUES 21 - @ WATCHING HILLS 5 / 6:30
 WED 22 - @ RIDGE 5 / 6:30 FRI 24 AT CRANFORD 5 / 6:30
 TUES 26 - @ POMPTON LAKES 5 / 6:30

FEBRUARY
 SAT 1 - WARREN HILLS 4 / 6:30
 TUES 4 - @ ROCKERTY 5:30 / 6:30
 THURS 6 - @ BLACKOAKED 5 / 6:30
 FEB 7 - HOPWELL VALLEY 5 / 6:30
 M/W/T 10/12/14 - SECTIONALS TWO SUN 16 GROUPS RUTGERS UNIVERSITY
 SAT 22 - DISTRICT 15 TOURNAMENT @ WATCHING HS
 FEB 28 - REGION 4 TOURNAMENT @ UNION HS

MARCH
 SAT 1 - REGION 4 TOURNAMENT @ UNION HS
 THURS 6-8 - NJ STATES @ ATLANTIC CITY

2024-25

DV Support Team

- Andy Fitz – Wrestled at Lehigh
 - Scott Woodland – Wrestled at Bloomsburg
 - Gregg Wiseburn – Wrestled at Carson-Newman
 - Paul Petro – Coach of 1999 NJ State Champ team
 - Phil Hutchins – Region Assistant of the Year in '19
 - David Castro – 4th year with DV
 - Justin Bagley – Girls Assistant Coach
 - Joseph Toye – Girls Assistant Coach
 - Sylvia Faragalla - Girls Assistant Coach
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- Lance Jacobs – Athletic Director
 - Kathy Lovering – Athletic Secretary
 - Diane Pona – Athletic Trainer



2024-25

Why is DV Wrestling
successful?

**EVERYTHING
MATTERS**



2024-25

Why is DV Wrestling successful?

- We are STUDENT-Athletes.
 - Grades are looked at daily by the coaches.
- We are on time for practices & events.
- We are respectful of everyone at all times.
- We train & compete hard on a daily basis.
- We communicate with the coaches when we are late to practice or out of school.



EVERYTHING MATTERS!

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Program Goals

- Develop Outstanding People & Great Wrestlers
- Have ALL wrestlers improve
- Have fun & enjoy the journey



2024-25

Daily Practice Gear

- Wrestling Sneakers
- Headgear
- Shirt & Shorts
- Water bottle
- **LOCK**
- Towel
- **Must wear clean clothes to each workout**



2024-25



Gear

- **You need to buy Wrestling Sneakers**
- Headgear will be give to all NEW wrestlers (1 per career).
- Each Wrestler is given a Singlet, Shorts, a Compression shirt, and a warmup jacket that is returned when the season is over.
- Sweatshirts & t-shirts will be given to each wrestler that is yours to keep when the season is over.
- All new wrestlers will be given a gear bag by the start of the next season.

2024-25

Practice

- Practice / compete six days a week
- In the window of 2:50 – 5:45 on Weekdays
- Practices will start to get shorter in mid Jan
- We will do morning running & workouts
- Schedule sent out weekly
- Please be picked up in a timely fashion
- **1st Practice is the Monday before Thanksgiving**



2024-25

Communication!

- You must email Coach Fitz if you are absent, late, or need to miss a practice.
- There are 0 unexcused absences
- Please read the emails that are sent out. It is vital to running our efficient program.
- Everyone has a role. Coaches, Parents, and Wrestlers. The more we are on the same page, the more we can focus on Coaching.



2024-25

WRESTLING

Girls' Wrestling



- Mondays from 5-6PM (generally)
- Will practice several more times during the week, both with and without the Boys team.
- A few Tournaments plus with Boys duals where we can.

2024-25



Practice Format

- **Goal is to develop as many wrestlers as we can within the time we have, both on and off the mat.**
- The team will be divided into 2 groups, plus the Girls team
- There may be roster cuts after the first 2 weeks
- Goal for all Groups is both short term and long term development of our team.

2024-25

Practice Format

- Practice starts Monday, Nov 25th
- We will practice Monday, Tuesday, & Wed.
- These are “tryout” days
- There are no practices during Thanksgiving weekend.



2024-25



Practice Format

- We will then split into 3 groups.
 - 1) Group 1 – Practice every day.
 - 2) Group 2 – will be given off a few times a week.
 - 3) Girls Team – Practices several times a week.

2024-25

Sample Mon - Wed

Monday

- Group 1 & **Group 2** Practice 2:50 – 4:45
- Girls Practice 5-6:00 PM

Tuesday

- Group 1 & **Girls team** Practice 2:50 – 4:45
- **Group 2** is Off

Wednesday

- Group 1 & **Group 2** Practice 2:50 – 4:45
- **Girls team** Off



2024-25



End of Practice – NEW!

- All wrestlers shower after practice at DV.
- At the end of every practice, half the group lifts and half the group showers.
- We now have partitions up at DV in our shower area.
- Please be picked up in a timely manner

Tuesday, Dec 3rd (B Day)

2:50 – 4:45 Everyone Practice

4:45 – 5:10 Gold Lift

Wednesday, Dec 4th (A Day)

2:50 – 4:45 Group 1 / Group 2 Practice

4:45 – 5:10 Navy Lift

Girls Team Off