

2024-25

WRESTLING

Study Hall

- Run by Coach Woodland & Coach Fitz.
- Grades are looked at daily by the coaches.
- Anyone who is failing a class will be in my classroom from 11:00 – 11:28 during B day lunches.
- You will study or do homework until period 3B begins.
- If a wrestler is in Study Hall every time they MAY be asked to miss a practice and/or they MAY be dismissed from the team.

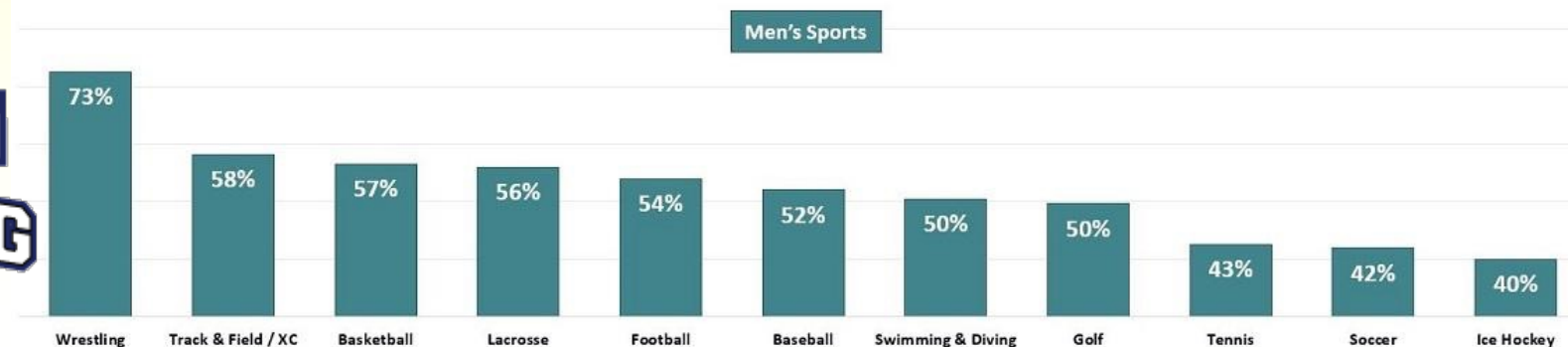
2024-25

Coaching Philosophy

- We are here to compete hard & have fun, but we run a program where we do the right things on and off the mat.
- Will say things that you may not want to hear at times.
- Coaching Wrestling truthfully, honestly, and being ALL IN develops meaningful, and life long relationships.

WRESTLING

Percentage of First-Year Student-Athletes Who Are Still in Close Contact with High School Coaches



2024-25



Athletic Trainer

- Be respectful of our Trainers and training room rules.
- It is strongly recommended to work through our trainer and school doctors.
- If injured & can not wrestle, you will...
 - Do a State Championship Workout
 - Rehab according to a plan developed by our Trainers and coaches

2024-25

DIV
WRESTLING

Protect Your Game!

- Meeting on Wednesday, Dec 4th at 5:45
- 40 minute meeting
- All Wrestlers will attend
- Parents are welcome





Foundation Members

President – Ben Donaruma

Vice President – Jose Perez

Treasure – Jess Nicholson

Secretary – Dani Beyers

Fundraising Mgr – Dave Rosato

Concessions Mgr – Nicole Fawthrop
& Stephanie Edwards

Grade School Liaison – Jeff Godwin

Scheduling Coord. – Frank Sencher



Del Val Wrestling Foundation :

Dedicated to helping DV wrestling at all levels.

All money raised goes right back to the program

- *Annual T-shirts & Sweatshirts*
- *Off Season Wrestling*
- *Wrestling Clinicians*
- *Pizza Party*
- *Wrestling Equipment*
- *Annual Wrestling Scholarship*

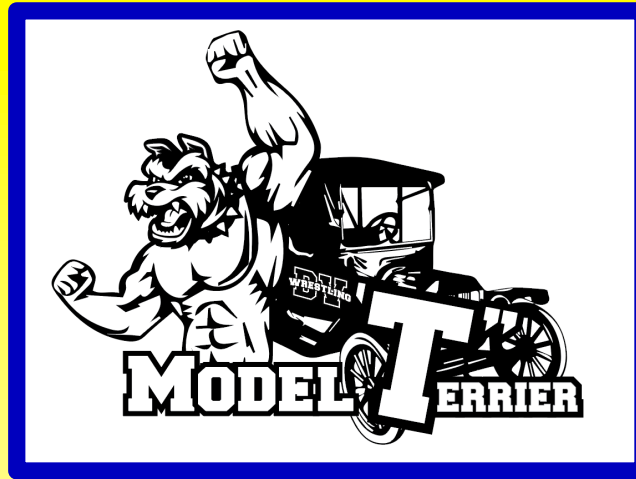
Concession Stand Sign-up : Nicole Fawthrop & Stephanie Edwards

*Next Meeting : Nov 11th 6:30pm
(See an officer for the location)*

Please consider to join the Foundation. Each year in March, we elect each position.

2024-25

DV
WRESTLING



DV Model T(errier) Award

(Long Sleeve Shirts with names of wrestlers who...)

- Never have an unexcused late or absence.
- Never have a major discipline problem in school or on the mat.
- Are rarely (if ever) are in Study Hall.
- Never miss weight for a varsity event.
- Abide by team rules
- **Do 3 volunteer practices with the Rams/Wildcats or help CJ coach

2024-25



Gold Rush

Jan 8th, 2025



vs North Hunterdon

2024-25

Guidelines

- We need to know what you are involved in outside of our sport.
- If you are wrestling outside of our practices we need to know who its with.
- We allow open gyms during season.
- DV needs multiple sport athletes.



• **EVERYTHING MATTERS!**

2024-25

Guidelines

- Must be to school on time.
- From 4th late in season onward you can not practice / wrestle that day
- Must be to school by 10AM to practice / participate unless you have doctor's note (Seniors would be by 1st class)



2024-25

Guidelines

- Must travel to the events with the team
 - You may leave an event with a parent AFTER getting permission from a coach
 - ✓ Parent must sign release form
-

- Cell Phones are not to be used once we are within ~45 min or an hour of competition.



2024-25



Weight Classes

- Wrestling has done a great job of eliminating huge weight loss
- NEW wrestlers will NEVER miss a meal
- Pre-Varsity wrestles what they weigh
- If you choose to lose weight, it must be done in a safe and responsible manner
- Practice in shorts & a T-shirt (not sweats)
- Bring a water bottle into practice

2024-25

DV
WRESTLING

Weight Classes

"No program in the region is better than Delaware Valley in squeezing more points out of their lineup and getting the right matchups."-

Express Times

- Coaches will decide lineups
- Each lineup chosen will be in the best interest of the TEAM & PROGRAM
- This includes both PreVarsity Wrestlers and Varsity lineups/extra wrestlers
- We can fit about 34 people on the bus to away events.

2024-25

DIV WRESTLING

Weight Classes

2017 NJ State Champions



2022 NJ State Champions



2023 NJ State Champions



2024-25

Hydration

- Every wrestler in the US goes through this.
- Height, weight, Body fat % are measured.
- If under 7% body fat, I can tell you exactly what you need to weigh.
- If over 7%, it's more of an approximation and you will have a decent plan.
- Will do more in season



2024-25

What can you do now??

- Do your homework!
- Get working out. Stay active! Run & Lift!
- Eat healthy...Drink WATER.
- Be positive and respectful with everyone.
- Finalize paperwork.
 - Signups need to be done online
 - Physicals – need to hand in ASAP
 - Must be less than 1 year old
 - Health History Update
 - for Physicals that will be LESS than 1 year old as of the start of practice (Nov 25, 2024).



2024-25



Reminders

- 1st practice at 3:00 Monday, Nov 25th
- Physicals / Health History Updates need to be completed ASAP.
- Stop by my room (C-110) to find out your hydration date. 22 Wrestlers are going through it TOMMORROW.
- If you have questions, please come up and ask now.
- **Please read emails!**
- **EVERYTHING MATTERS!**