



## Welcome aboard!: Here are the 1<sup>st</sup> 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



SPONSORS: ALBERDI FAMILY, CAFE MARIA, CLINTON BAGEL, HUNTERDON STORAGE, INVESTMENT TITLE - NICOLE FAWTHROP (DV '97), PRETZEL FACTORY, ROSATO EYE CARE (DV '92), SHOPRITE OF CLINTON, UNIVERSAL ULTRASOUND DIAGNOSTICS

DECEMBER  
FRI 12 POMPTON LAKES 7:00  
SAT 13 WENDY PANDI-LEH TOURNAMENT @ DV  
TUES 16 @ ROBINVILLE 6:00  
FRI 17 @ HIGH POINT 6:00  
SAT 18 @ LAWRENCE WITH GOVERNOR LIVINGSTON  
10:00 AM / 10:30 / 12:00  
MON 20 JOHN GOLES TOURNAMENT @ WARREN HILLS

JANUARY  
SAT 1 QUAD @ KITTATINNY WITH WEST MORIS AND MORRIS KNOLLS  
9:00 AM / 10:30 / 12:00  
TUES 4 @ BLOOMFIELD 6:00  
WED 5 @ HARRISON CENTRAL 6:00  
SAT 10 @ HUNTERDON-WARREN-SUSSEX @ PHILLIPSBURG  
TUES 13 @ NORTH HUNTERDON 7:00  
FRI 17 @ PHILLIPSBURG 7:00  
SAT 17 CALDWELL 1:00 AM  
WED 21 RIDGE 6:00  
SAT 24 CRAWFORD 6:00  
WED 28 WARREN HILLS 6:00  
SAT 31 @ WARREN HILLS 6:00

FEBRUARY  
WED 8 @ HOPKINSBOROUGH 6:30  
FRI 10 @ HOPKINSBOROUGH 6:30  
MON 13 @ HARRISON CENTRAL 6:00  
MON 13 @ HUNTERDON-SUSSEX SECTIONALS TBA  
SUN 22 REGION 8 @ RUTGERS UNIVERSITY  
SAT 28 DISTRICT 20 TOURNAMENT @ TBO

MARCH  
FRI/SAT 8-7 REGION 5 TOURNAMENT @ TBO  
THU/FRI/SAT 12-14 NJ STATES @ ATLANTIC CITY

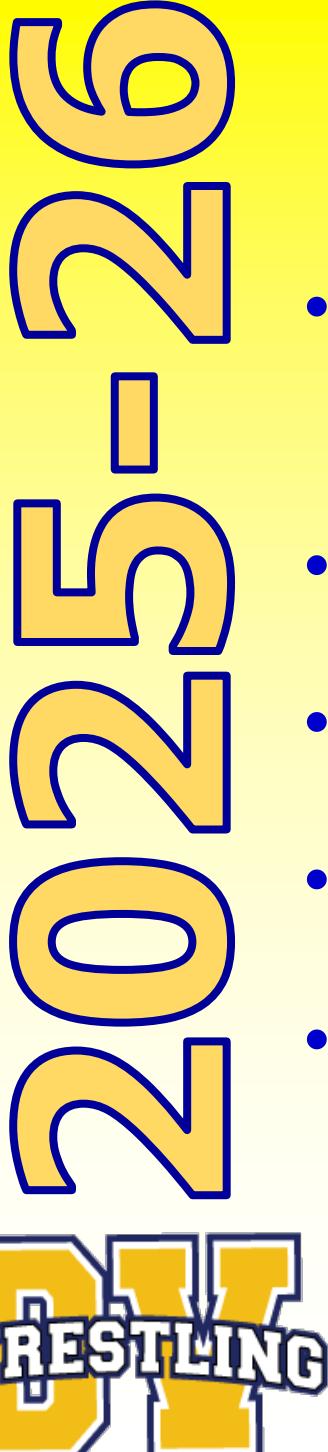


# DV Support Team

- Andy Fitz – Wrestled at Lehigh
- Scott Woodland – Wrestled at Bloomsburg
- Paul Petro – Coach of 1999 NJ State Champ team
- Pat Mancini – Played Football at Moravian
- Gregg Wiseburn – Wrestled at Carson-Newman
- Jake Petro – 2<sup>nd</sup> Year with DV
- David Castro – 4<sup>th</sup> year with DV
- Phil Hutchins – Region Assistant of the Year in '19

## Girls Coaches

- Justin Bagley – Wrestled at North Hunterdon
- Joseph Toye – Long time Coach & Official
- Sylvia Faragalla – Wrestled at Hunterdon Central



# 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!**

## Program Goals

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





## Daily Practice Gear

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



# Gear

- You need to buy **Wrestling Sneakers**
- Headgear is given to 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.
- All new wrestlers will be given a gear bag during their 2<sup>nd</sup> season.

# Practice

- Practice / compete six days a week
- After school 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
- **1<sup>st</sup> Practice is the Monday before Thanksgiving**



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# Girls' Wrestling



- Mondays from 5-6PM (generally)
- Will practice several more times during the week, both with and without the Boys team.
- We have 15 Duals this year!



# 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.

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# What's New?



FLEMINGTON  
DEPT STORE  
REDWOOD  
SERVICES

TAFFERA  
FAMILY  
RARITAN TWP  
LOCAL PBA 337

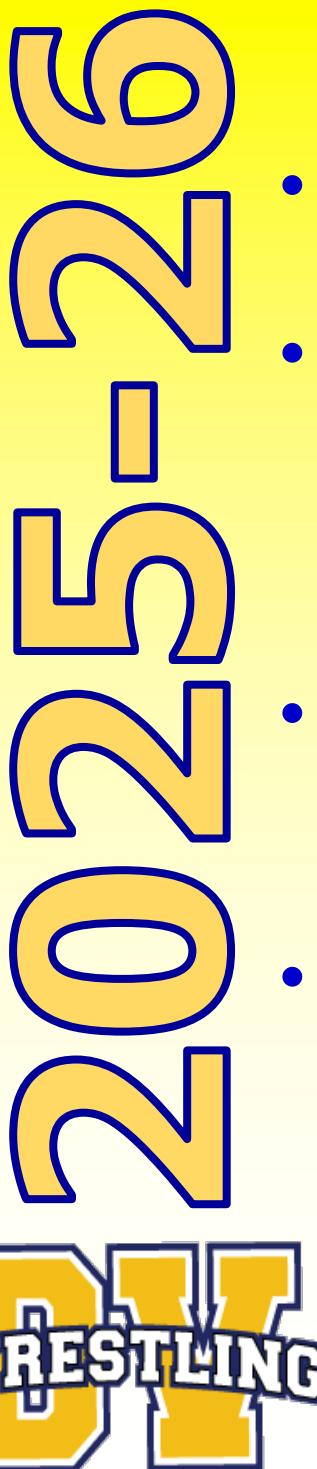
MARIA ROSA  
PREMIER  
FAMILY  
MEDICINE

MAT SPONSORS  
FITZ FAMILY  
GARY FAMILY  
CASTLE SEPTIC  
STRIBER FAMILY  
ROSATO EYE CARE  
CLAYTON CONTRACTING  
HUNTERDON STORAGE INC  
MID-JERSEY ORTHOPEDICS  
UNIVERSAL ULTRASOUND DIAGNOSTICS



# Initial Practices

- Practice starts Monday, Nov 24<sup>th</sup>
- We will practice Monday, Tuesday, & Wed.
- These are “tryout” days
- There are no practices during Thanksgiving weekend.



# End of Practice

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

**Tuesday, Dec 2nd (A Day)**

2:50 – 4:45 Boys & Girls Practice

4:45 – 5:10 Gold Lift

**Wednesday, Dec 4th (B Day)**

2:50 – 4:45 Boys & Girls Practice

4:45 – 5:10 Navy Lift





# 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.

# 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.

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

Men's Sports

