

2025-2026 DV 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



DV WRESTLING

TERRIERS

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 POMPON LAKES 7:00
 SAT 19 WINDY PANDY LER TOURNAMENT @ DV
 TUES 16 @ ROBERTVILLE 6:30
 FRI 19 HIGH POINT 6:00
 SAT 20 TH @ LAWRENCE WITH GOVERNOR LIVINGSTON
 9:00 AM / 10:00 / 12:00
 MON 23 JOHN GOLES TOURNAMENT @ WARREN HILLS

JANUARY
 SAT 3 QUAD B CITATINNY WITH WEST MORRIS AND MORRIS ENCLIS
 9:00 AM / 10:00 / 12:00
 TUES 6 @ BLOOMFIELD 6:00
 WED 7 HUNTERDON CENTRAL 6:00
 SAT 10 HUNTERDON WARREN GOLES @ PHILLIPSBURG
 TUES 13 @ NORTH HUNTERDON 7:00
 FRI 16 @ PHILLIPSBURG 7:00
 SAT 17 CALDWELL 11:00 AM
 WED 21 RIDGE 6:00
 SAT 24 CRANFORD 6:00
 WED 28 WATCHUNG HILLS 6:00
 SAT 31 @ WARREN HILLS 6:00

FEBRUARY
 WED 4 @ HILLSBOROUGH 6:30
 FRI 6 @ HOWELL VALLEY 6:00
 MON 9 NORTH BRUNSWICK 6:00
 MON/WED/FRI 16/18/20 SECTIONALS TRD
 SUN 22 GROUPS @ BUTLER UNIVERSITY
 SAT 28 DISTRICT 20 TOURNAMENT @ TRD

MARCH
 FRI/SAT 6-7 REGION 5 TOURNAMENT @ TRD
 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 – 2nd Year with DV
- David Castro – 4th year with DV
- Phil Hutchins – Region Assistant of the Year in '19

Girls Coaches

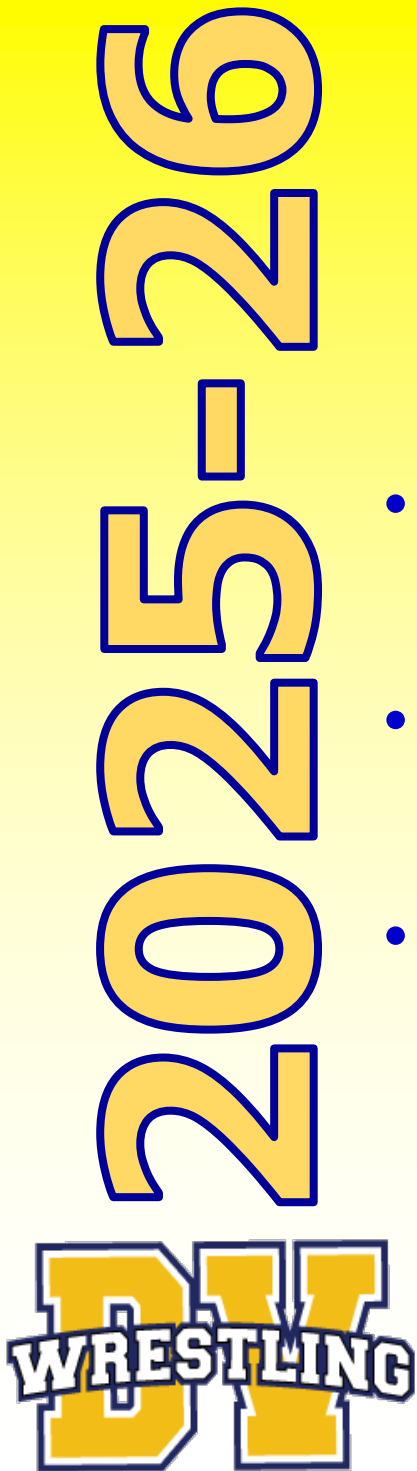
- Justin Bagley – Wrestled at North Hunterdon
- Joseph Toye – Long time Coach & Official
- Sylvia Faragalla – Wrestled at Hunterdon Central

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!



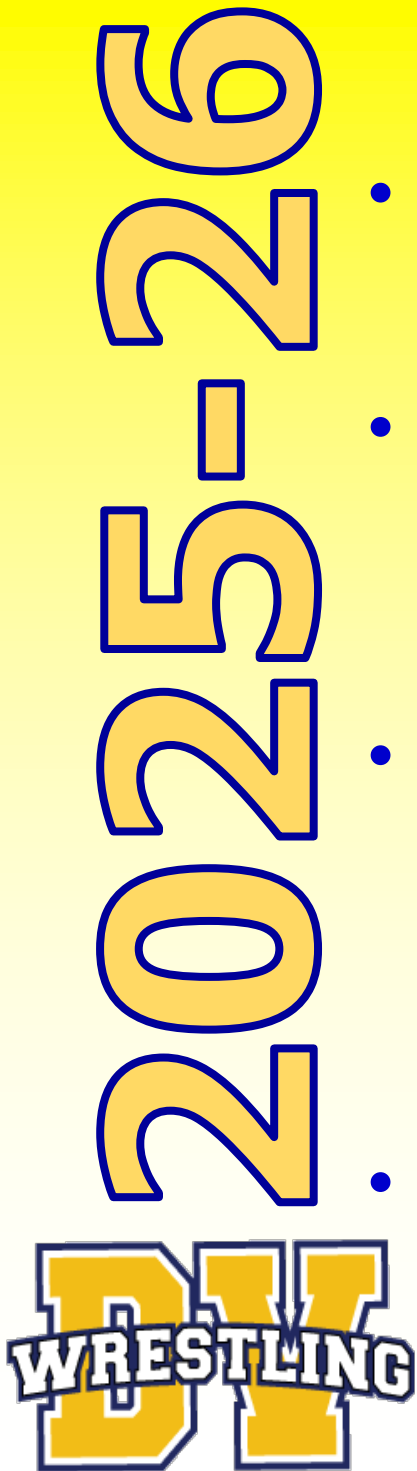
Program Goals

- 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 2nd season.

2025

DW
WRESTLING

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
- **1st Practice is the Monday before Thanksgiving**

2025-26
DW
WRESTLING

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.

2025-26
DW
WRESTLING

What's New?

TERRIERS

MAT SPONSORS
FITZ FAMILY
DARY FAMILY
CASTLE SEPTIC
STROBER FAMILY
BOGATO EYE CARE
CLAYTON CONTRACTING
BUNTERDON STORAGE INC
MID-JERSEY ORTHOPEDICS
UNIVERSAL ULTRASOUND DIAGNOSTICS

FLEMINGTON
DEPT STORE

REDWOOD
SERVICES

TAFFERA
FAMILY

RARITAN TWP
LOCAL PBA 337

MARIA ROSA

PREMIER
FAMILY
MEDICINE



Initial Practices

- Practice starts Monday, Nov 24th
- 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)

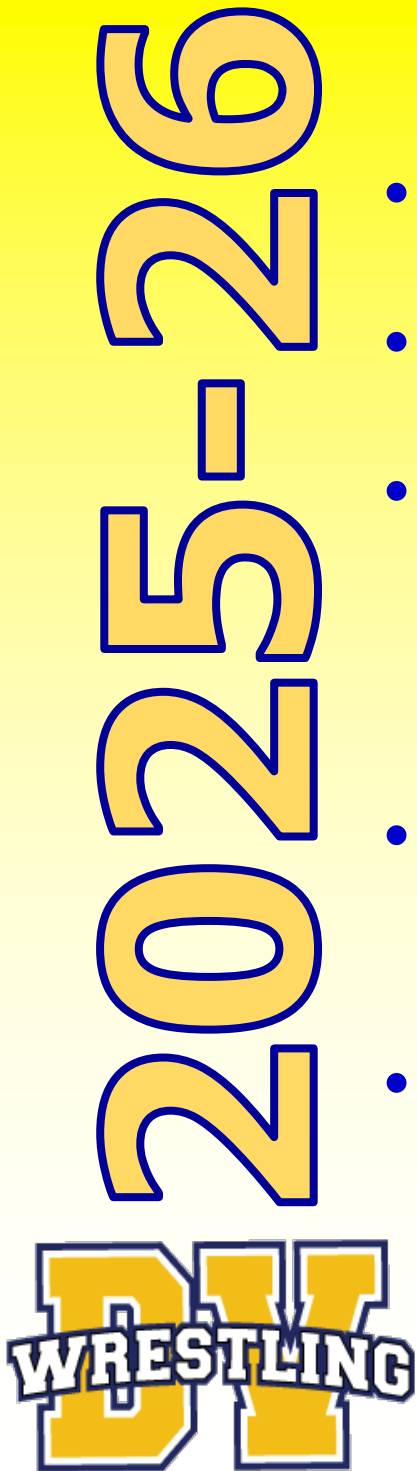
2:50 – 4:45 Boys & Girls Practice

4:45 – 5:10 Gold Lift

Wednesday, Dec 4th (B Day)

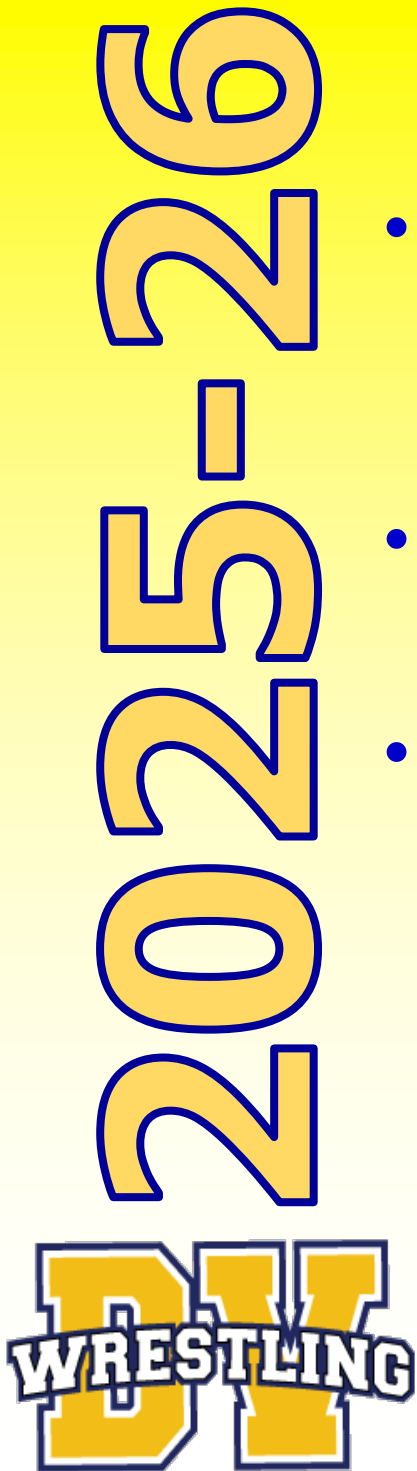
2:50 – 4:45 Boys & Girls Practice

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

