

# 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

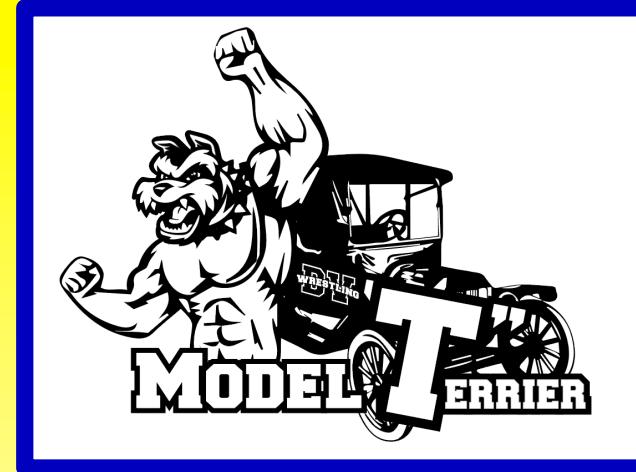


# Protect Your Game!

- Meeting on Wednesday, Dec 3<sup>rd</sup> at 5:45
- 40-minute meeting
- All Wrestlers will attend
- Parents are welcome



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## 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

2025 Gold Rush



# Gold Rush

## Jan 7<sup>th</sup>, 2025



vs Hunterdon Central



## 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*

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



# 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!**

# Guidelines

- Must be to school on time.
- From 4<sup>th</sup> 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 1<sup>st</sup> class)





# 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

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





# 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



6

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## 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/extrawrestlers
- We can fit about 34 people on the bus to away events.

# Weight Classes

6  
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2017 NJ State Champions



2022 NJ State Champions



2023 NJ State Champions



2025 NJ State Champions





# 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



## 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 24, 2025).



# Reminders

- 1<sup>st</sup> practice at 3:00 Monday, Nov 24<sup>th</sup>
- 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 WEDNESDAY.
- If you have questions, please come up and ask now.
- **Please read emails!**

**EVERYTHING MATTERS!**