2026-27

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)Get signed into our Vertical raise fundraising app.
4) Wrestlers, please put phones away for the meeting



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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 – Also Football Coach at Freedom HS
- 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

DV WRESTLING

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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.

DV WRESTLING

EVERYTHING MATTERS!

2026-27

Program Goals

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

DV WRESTLING

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Daily Practice Gear

- Wrestling Sneakers – *Need to buy*
- Headgear – Given to new Wrestlers
- **Shirt & Shorts**
- Water bottle
- **LOCK**
- Towel
- **Wear clean clothes to each workout**
- Each Wrestler is given a Singlet, Shorts, and a warmup jacket that is returned when the season is over.

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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**
- There are no practices during Thanksgiving weekend.

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Girls' Wrestling



- Mondays following the boys practice until 6:00PM
- Will practice several more times during the week, with the Boys team.
- We have ~14 Duals this year!

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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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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 in our showers.
- Please be picked up in a timely manner

Tuesday, Dec 1st (B Day)

2:45 – 4:45 Boys & Girls Practice

4:45 – 5:10 Gold Lift

Wednesday, Dec 2nd (A Day)

2:45 – 4:45 Boys & Girls Practice

4:45 – 5:10 Navy Lift

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Study Hall

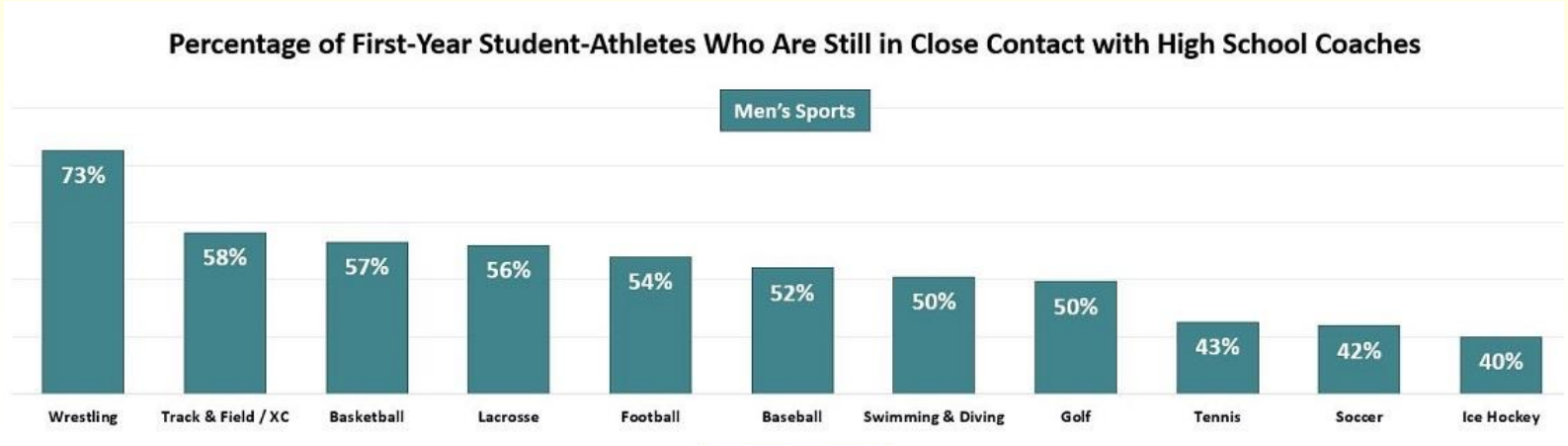
- Run by Coach Woodland & Coach Fitz.
- Grades are looked at daily by the coaches.
- Anyone who is failing a class will be in my classroom from 10:50 – 11:23 during many A day lunches.
- You will study or do homework until period 3 begins.
- If a wrestler is in Study Hall every time, they MAY be asked to miss a practice and/or they MAY be dismissed from the team.

DV WRESTLING

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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.



DV WRESTLING