DELAWARE VALLEY WRESTLING

19 Senator Stout Road, Frenchtown, NJ 08825 Tel: (908) 996-2131 DelValWrestling@dvrhs.org DelValWrestling.com

The Terrier Way

Del Val Wrestling Parents Meeting
November 2nd, 2026

Nothing great was ever achieved without enthusiasm.

Our goal as coaches at Delaware Valley Regional High School is to have our wrestlers progress to their full potential. This potential includes not only the physical part of the student athlete but the mental, moral, & emotional aspects as well.

It is vital that each member of our team believes in what we are doing and the integrity of our program depends on it. You should know that the coaching staff has no desire to sacrifice any aspect of our philosophy for one or two individuals. Know, too, that we are committed to building an organization that people respect, not only today, but in years to come. We want you to be proud that you are and were part of Delaware Valley Wrestling.

We believe that discipline and character development must be an integral part of our program if we are to achieve excellence in all phases. The wrestler above all must have self-discipline and be a person of solid character if they are to reach their potential as an athlete and, more importantly, as a person.

Program Objectives:

1) To develop Outstanding People and Great Wrestlers
2) To have every wrestler improve
3) To have fun and enjoy the journey

General Rules:

1) The entire team must be able to depend on you. Your attendance in school and during practice is a must. If you are ill to the extent that you can not attend school, you MUST contact Coach Fitz.
   Email- andyfitz@dvrhs.org / Cell - 908-319-3687 (Parents only)

2) You are expected to be on time for school everyday. If you are late, you must contact Coach Fitz.

3) If a practice or event is cancelled, you will be contacted via e-mail.

4) Be polite and respectful toward our athletic trainers. Follow the rules of the training room & have treatment BEFORE practice begins.

5) Injured wrestlers must be at all practices and participate in whatever manner they can.

6) You must check daily for skin infections and report any suspected problems immediately.
   We will have weekly checks by a doctor during the season.

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7) You MUST shower after every practice and competition as soon as you get home.

8) You MUST wear clean workout gear for EVERY practice. Wash kneepads regularly.

9) You are expected to keep your grades up throughout the season. Please communicate with your coaches if you need to stay for help with a teacher. We want good student-athletes!
Note: A plaque is in the room indicating any varsity letter winner that graduates with Honors.

10) There is a plaque hung in the room for each wrestler who has achieved BOTH the following:
   a) A NJ state medal at the NJSIAA Championships OR has won an NJSIAA Regional.
   b) Finishes their career in active status with Del Val Wrestling through their senior season.

11) The coaches will decide the starting lineup for each competition. The lineups chosen will be in the best interest of the program.

12) If you choose to lose weight, it must be done in a safe and responsible manner.

13) You are expected to be well behaved at all times (i.e. during school, outside, in practice, and at competitions). This includes displaying good sportsmanship (even when it is very difficult). The entire team will be judged by your behavior… wherever you are.

14) You are to be respectful of all coaches and people surrounding this program at all times.

15) Any form of hazing involving members of the team is forbidden.

16) During competitions, only clothing that has been approved by DV Wrestling will be allowed.

17) You are responsible for any and all uniforms assigned to you and must pay for lost items. All items will be numbered and your given items will be returned at the end of the season.

18) If someone is involved in a physical activity outside of practice, you must tell the coaches. We need to know to possibly adjust your training.

19) You must travel to and from the competitions with the team. You may not leave the competition site without approval from the coach. If permission is granted, you may leave ONLY with your parent(s) who must sign a release form.

20) You are expected to be with your team during competitions. For dual meets, you can speak with your friends and parents before or after the event. You must sit with the team during a tournament.

21) Failure to abide by the team rules may result in a suspension from competitions and/or the team. It may also eliminate you from being chosen for any awards given to the team.

22) We may be assigning each wrestler to one of 2 or 3 Groups in addition to the Girls Group and we ***may*** cut a few wrestlers. Group 1 practices daily, Groups 2 and 3 will alternate, and the Girls will practice a few days a week. Groups will be chosen in the best interest of each wrestler and the program.