



DHS Wrestling 2009-10



<u>Date</u>	<u>Event</u>	<u>Site</u>	<u>Time</u>
12/07	MacArthur Scrimmage	MAC	5:30 pm
12/16	Fairfield Warde	Fairfield Warde	6:30 pm
12/18	Mount Anthony Union	Home	6:00 pm
12/19	Plainville Tourney - B Team	Plainville	10:00 am
12/22	Immaculate/Stamford/New Milford	Home	4:00 pm
12/28	Danbury Holiday Tournament	Home	10:00 am
12/30	Wilton/Greenwich/Fairfield Ludlowe	Wilton	9:00 am
1/2	Bristol Eastern JV Tourney	Bristol Eastern	10:00 am
1/6	Staples	Staples	6:00 pm
1/8-9	Eastern States	New York	TBD
1/13	Bridgeport Co-op	Home	5:00 pm
1/16	Cumberland R.I.	Cumberland	10:00 am
1/20	Ridgefield	Ridgefield	7:00 pm
1/22	Simsbury/New Canaan	Home	5:00 pm
1/23	Patton JV Tournament	Home	9:30 am
1/27	Westhill	Home	4:00 pm
1/30	NFA/Waterford/Middletown	NFA	9:00 am
2/3	Trumbull	Home	4:00 pm
2/6	East Windsor	Home	10:00 am
2/6	Ludlowe JV	Fairfield Ludlowe	10:00 am
2/9	Fairfield Warde JV Dual	Home	4:00 pm
2/12-13	FCIAC's	New Canaan	4:30 pm
2/15	Pomperaug JV States	Pomperaug	10:00 am
2/19-20	State LL's	Trumbull	5:00 pm
2/26-27	State Open	New Haven	5:00 pm
3/5-3/6	New England's	New Haven	5:00 pm
3/23-3/28	Fresh/Soph/Jr/Sr Nationals	VIRGINA	TBD

-All dates and times are subject to change; ask coaching staff for updates.

-Head Coach:

Ricky Shook

Phone Numbers

203-790-0581 (home); 203-748-1933 (work); 203-948-6013 (cell)

-Assistant Coaches:

Matt Laskowski 203-648-6440

Steve Botelho

Nick Weyer

-Weightlifting Coach:

Abi Scudder 203-438-0569