

# OCTOBER

## 2019

### HILLS EAST WRESTLING

#### Things to think about...

- MAKE SURE YOUR PHYSICAL EXAM PAPERWORK IS COMPLETE!!!
- \* DON'T MISS THE START BECAUSE YOU WAITED UNTIL THE LAST MINUTE
- Pre-Season Wrestling Club: WEDNESDAY Nights 6:00-7:30 pm
- Weight Certifications – NOVEMBER 16<sup>th</sup>

**PRESEASON MEETING – October 22nd @ 2:10 in Wrestling Room**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Pre-Season Wrestling 6:00-7:30	3	4	5
6	7	8	9 Pre-Season Wrestling 6:00-7:30	10	11	12
13	14	15	16 Pre-Season Wrestling 6:00-7:30	17	18	19
20	21	22 PRESEASON MEETING @ 2:10 pm	23 Pre-Season Wrestling 6:00-7:30	24	25	26
27	28	29	30	31		

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# NOVEMBER

2019

## HILLS EAST WRESTLING

### UPCOMING EVENTS

FIRST DAY OF PRACTICE - NOVEMBER 12<sup>th</sup>

WINTER SPORTS MEETING - NOVEMBER 20<sup>th</sup> @ 7:00 PM  
HSE AUD. \* ALL MUST ATTEND\*

NOVEMBER 23<sup>rd</sup> is weight certifications.

This is a MANDATORY event!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7 Cleaning wrestling room	8	9
10	11 OFF No School	12 1 <sup>ST</sup> DAY OF PRACTICE 2:20-5	13 Practice 2:20-5	14 Practice 2:20-5	15 Practice 2:20-5	16 Practice 9:00 – 11:30
17	18 Practice 2:20-5 * RECERT	19 Practice 2:20-5	20 Practice 2:20-5 ** Parent meeting**	21 Practice 2:20-5	22 Practice 2:20-5	23 <u>CERTIFICATIONS</u> TBA
24	25 Practice 2:20-5 * RECERT	26 Scrimmage vs. Deer Park 2:20-5:30 * RECERT	27 Practice 2:20-5	28 Turkey Day No Practice	29 Practice 9:00 – 11:30	30 Scrimmage TBA

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# DECEMBER

2019

## HILLS EAST WRESTLING

### Upcoming Events

The Sal DiFazio Wrestling Tournament will be on December 27<sup>th</sup> & 28<sup>th</sup> – All Must Attend! \*\*Volunteer workers needed

**\*\* SET UP – DECEMBER 26<sup>TH</sup> \*\***



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Practice 2:20-5	3 Practice 2:20-5	4 Practice 2:20-5	5 Practice 2:20-5	6 <b>DUAL @ NORTHPORT JV-4:30 VAR- 6:00</b>	7 Practice 9:00 – 11:30
8	9 Practice 2:20-5	10 Practice 2:20-5	11 <b>DUAL vs HUNT JV- 4:00 VAR- 5:30</b>	12 Practice 2:20-5	13 <b>Sprig Gardner Tournament @ Bellmore JFK 5:00PM</b>	14 <b>Sprig Gardner Tournament @ Mephram 10:30 am</b>
	16 Practice 2:20-5	17 Practice 2:20-5	18 <b>DUAL vs NEWFIELD JV- 4:00 VAR- 5:30</b>	19 Practice 2:20-5	20 Practice 2:20-5	21 <b>Deer Park Duals 9:00 am (Varsity Only)</b>
22	23 Practice 9:00 – 11:30	24 <b>OFF</b>	25 <b>OFF</b>	26 Practice 9:00 – 11:30 <b>TOURNAMENT SET UP</b>	27 <b>Hills East Tournament 9:30 a.m.</b>	28 <b>Hills East Tournament 9:30 a.m.</b>
29	30 Practice 9:00 – 11:30	31 Practice 9:00 – 11:30				

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# JANUARY

2020

## HILLS EAST WRESTLING

January is another tough month of wrestling. The TBirds will look to finish their league season with 3 more dual meets and will also be competing every weekend in tournaments.

**Come out and Support the Hills East Wrestling Team!!**

- **SENIOR NIGHT** -On Friday, January 24<sup>th</sup> The Hills East Thunderbirds will be hosting cross-town rival the Hills West Colts. On this night we will recognize HHHE senior wrestlers.
- **\*\* SUFFOLK DUALS TOP 2 TEAMS IN EACH LEAGUE**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	-		1 * NO SCHOOL* PRACTICE TBA	2 Practice 2:20-5	3 Practice 2:20-5	4 East Islip Tournament 9:00 a.m
5	6 Practice 2:20-5	7 DUAL @ COPIAGUE JV- 5:00 VAR- 6:00	8 Practice 2:20-5	9 Practice 2:20-5	10 Practice 2:20-5	11 Islip Cup Tournament 9:00 a.m.
12	13 Practice 2:20-5	14 Practice 2:20-5	15 DUAL vs LINDY JV- 4:00 VAR- 5:30	16 Practice 2:20-5	17 DUAL @ SM. WEST JV- 5:00 VAR- 6:30	18 St. John Tournament 9:00 a.m.
19	20 Practice 9:00 – 11:30 * NO SCHOOL*	21 Practice 2:20-5	22 Practice 2:20-5	23 Practice 2:20-5	24 DUAL vs HILLS WEST JV- 4:00 VAR- 5:30 * Senior Night*	25 TBA
26	27 Practice 2:20-5	28 Practice 2:20-5	29 Practice 2:20-5	30 Practice 2:20-5	31 Practice 2:20-5	

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# FEBRUARY

2020

## HILLS EAST WRESTLING

### The Time is NOW!!

On February 8th , the Thunderbirds will be competing in the League III Championships. Time and Location to be announced. The following weekend will be the Section 11 Championship host at Suffolk Community College – Brentwood Campus.

PLEASE COME OUT AND SUPPORT T-BIRD WRESTLING!!!

Will you let your season end??

Don't leave it to chance!!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<sup>1</sup> Oyster Bay Duals 9:00 a.m
<sup>2</sup>	<sup>3</sup> Practice 2:20-5	<sup>4</sup> Practice 2:20-5	<sup>5</sup> Practice 2:20-5	<sup>6</sup> Practice 2:20-5	<sup>7</sup> Practice 2:20-5	<sup>8</sup> League III Championships @ TBA
<sup>9</sup>	<sup>10</sup> Practice 2:20-5	<sup>11</sup> Practice 2:20-5	<sup>12</sup> Practice 2:20-5	<sup>13</sup> Practice 2:20-5	<sup>14</sup> Practice 2:20-5	<sup>15</sup> SECTION XI COUNTY CHAMPONSHIPS @ SCC BW
<sup>16</sup> SECTION XI COUNTY CHAMPONSHIPS @ SCC BW	<sup>17</sup>	<sup>18</sup>	<sup>19</sup>	<sup>20</sup>	<sup>21</sup>	<sup>22</sup>
<sup>23</sup>	<sup>24</sup>	<sup>25</sup>	<sup>26</sup>	<sup>27</sup>	<sup>28</sup> New York State Championships	<sup>29</sup> New York State Championships

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"MORE ENDURINGLY THAT ANY OTHER SPORT, WRESTLING TEACHES SELF-CONTROL AND PRIDE. SOME HAVE WRESTLED WITHOUT GREAT SKILL- NONE HAVE WRESTLING WITHOUT PRIDE" - DAN GABLE



2019-2020

## **HILLS EAST WRESTLING**

*A COMMITMENT TO EXCELLENCE*

- Practice Starts at **2:20** p.m on school days and **9:00** a.m. on non school days. Dressed and ready to go at start times!
- You are expected to be at **EVERY** practice. NO EXCUSES!
- Certifications is **NOVEMBER 23<sup>rd</sup>** - THIS IS A MANDATORY EVENT

HILLS EAST TOURNAMENT – DECEMBER 27<sup>th</sup> and 28<sup>th</sup>

- WE NEED YOUR HELP!!- **THIS IS OUR MAIN FUNDRAISER**
  - SETTING UP FOR TOURNAMENT (December 26<sup>th</sup>)
  - WORKING CONCESSION STANDS/ADMISSION
  - DONATIONS FOR CONCESSION
  - **BOOSTER CLUB SIGN UP**

**COME OUT AND SUPPORT THE TEAM AT ALL OF OUR MATCHES!!  
IT MAKES THE DIFFERENCE!!**

**YOUTH WRESTLING PROGRAM HELPERS NEEDED –  
MONDAY, WEDNESDAY NIGHTS 5:30-7:45  
GREAT VOLUNTEER WORK!!!**

**CHECK US OUT ON THE WEB FOR ANNOUCEMENTS,  
SCHEDULES, PICTURES, AND MORE!!**

**[WWW.HILLSEASTWRESLTINGTEAM.COM](http://WWW.HILLSEASTWRESLTINGTEAM.COM)**

**THANK YOU FOR YOUR CONTINUING SUPPORT OF THE WRESTILNG PROGRAM!!**

**HILLS EAST WRESTLING COACHING STAFF**

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