

OCTOBER

2021

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 20th

PRESEASON MEETING – October 19th @ 2:10 in Wrestling Room



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

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NOVEMBER

2021

HILLS EAST WRESTLING

UPCOMING EVENTS

FIRST DAY OF PRACTICE - NOVEMBER 15th

WINTER SPORTS MEETING - TBA

NOVEMBER 20th is weight certifications.

This is a MANDATORY event!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Pre-Season Wrestling 2:15-4:00	3	4 Pre-Season Wrestling 6:00-7:30	5	6
7	8	9 Cleaning Wrestling Room 2:15-4:00 pm	10	11	12	13
14	15 1 ST DAY OF PRACTICE 2:20-5	16 Practice 2:20-5	17 Practice 2:20-5	18 Practice 2:20-5	19 Practice 2:20-5	20 CERTIFICATIONS
21 * RECERT	22 Practice 2:20-5 * RECERT	23 Practice 2:20-5	24 Practice 2:20-5	25 Turkey Day No Practice	26 Practice 9:00 – 11:30	27 Practice 9:00 – 11:30
28	29 Practice 2:20-5	30 Scrimmage vs. Deer Park 2:20-5:30				

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DECEMBER

2021

HILLS EAST WRESTLING

Upcoming Events

LEAGUE DUAL MEET SEASON HAS BEGUN!!

The Sal DiFazio Wrestling Tournament will be on December 29TH & 30th – All Must Attend! ****Volunteer workers needed**

**** SET UP – DECEMBER 28TH ***



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Practice 2:20-5	2 Practice 2:20-5	3 Practice 2:20-5	4 Practice 9:00 – 11:30
5	6 Practice 2:20-5	7 Practice 2:20-5	8 DUAL VS HUNT JV- 5:00 VAR- 6:15	9 Practice 2:20-5	10 Sprig Gardner Tournament @ Bellmore JFK 5:00PM	11 Sprig Gardner Tournament @ Mephram 10:30 am
12	13 Practice 2:20-5	14 Practice 2:20-5	15 DUAL @ COPAIGUE JV- 5:00 VAR- 6:00	16 Practice 2:20-5	17 DUAL VS CONN JV-5:00 VAR- 6:45	18 Deer Park Duals 9:00 am (Varsity Only)
19	22 Practice 2:20-5	21 DUAL @ SM. EAST JV- 6:30 VAR- 5:00	22 Practice 2:20-5	23 Practice 2:20-5	24 OFF	25 OFF
26	27 Practice 9:00 – 11:30	28 Practice 9:00 – 11:30 TOURNAMENT SET UP	29 Hills East Tournament 9:30 a.m.	30 Hills East Tournament 9:30 a.m.	31 Practice 9:00 – 11:30	

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JANUARY

2022

HILLS EAST WRESTLING

January is another tough month of wrestling. The TBirds will look to finish their league season with 2 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 21st 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
2	3 Practice 2:20-5	4 Practice 2:20-5	5 Practice 2:20-5	6 Practice 2:20-5	7 DUAL vs NEWFIELD JV- 5:15 VAR- 7:00	8 East Islip Tournament 9:00 a.m
9	10 Practice 2:20-5	11 Practice 2:20-5	12 DUAL @ CENTEREACH JV- 5:00 VAR- 6:45	13 Practice 2:20-5	14 Practice 2:20-5	15 Islip Cup Tournament 9:00 a.m.
16	17 Practice 9:00 – 11:30 * NO SCHOOL*	18 Practice 2:20-5	19 Practice 2:20-5 **DUAL MEET CHAMPIONSHIP**	20 Practice 2:20-5	21 DUAL vs HILLS WEST JV- 5:30 VAR- 5:30 * Senior Night*	22 St. John Tournament 9:00 a.m.
23/30	24/31 Practice 2:20-5	25 Practice 2:20-5	26 Practice 2:20-5	27 Practice 2:20-5	28 Practice 2:20-5	29 OYSTER BAY DUALS 9:00 a.m.

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FEBRUARY

2022

HILLS EAST WRESTLING

The Time is NOW!!

On February 5th , 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??

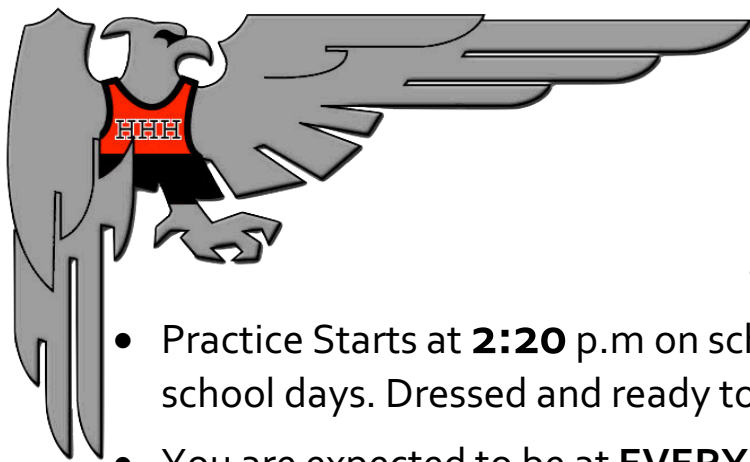
Don't leave it to chance!!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Practice 2:20-5	2 Practice 2:20-5	3 Practice 2:20-5	4 Practice 2:20-5	5 League III Championships @ TBA
6	7 Practice 2:20-5	8 Practice 2:20-5	9 Practice 2:20-5	10 Practice 2:20-5	11 Practice 2:20-5	12 SECTION XI COUNTY CHAMPONSHIPS @ SCC BW
13 SECTION XI COUNTY CHAMPONSHIPS @ SCC BW	14	15	16 TEAM MEETING 2:15 WRESTLING RM.	17	18	19
20	21	22	23	24	25 New York State Championships	26 New York State Championships
27	28					

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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



2021-2022

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 20TH** - THIS IS A MANDATORY EVENT

HILLS EAST TOURNAMENT – DECEMBER 29th and 30th

- WE NEED YOUR HELP!!- THIS IS OUR MAIN FUNDRAISER
 - SETTING UP FOR TOURNAMENT (December 28th)
 - 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 6:30-8:00
GREAT VOLUNTEER WORK!!!**

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

WWW.HILLSEASTWRESTLINGTEAM.COM

THANK YOU FOR YOUR CONTINUING SUPPORT OF THE WRESTLING PROGRAM!!

HILLS EAST WRESTLING COACHING STAFF

Contact Info: Coach Davey – CoachD47@yahoo.com / wdavey@hhh.k12.ny.us W: 592-3148
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