

NOVEMBER

2023

HILLS EAST WRESTLING

UPCOMING EVENTS

CLEAN UP THE WRESTLING ROOM DAY- NOVEMBER 8TH

**** VOLUNTEERS NEEDED**!!!**

FIRST DAY OF PRACTICE - NOVEMBER 13th

NOVEMBER 19th is weight certifications.

This is a MANDATORY event!



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

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DECEMBER

2023

HILLS EAST WRESTLING

Upcoming Events

LEAGUE DUAL MEET SEASON HAS BEGUN!!

The Sal DiFazio Wrestling Tournament will be on
December 28TH & 29TH – All Must Attend!

****Volunteer workers needed**

**** SET UP – DECEMBER 27TH ***



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Practice 2:20-5	2 Practice 9:00 – 11:30
3	4 Practice 2:20-5	5 Practice 2:20-5	6 Practice 2:20-5	7 Practice 2:20-5	8 Practice 2:20-5	9 Commack Tourny 9:00AM
10	11 Practice 2:20-5	12 Practice 2:20-5	13 DUAL VS CENT JV-5:00 VAR- 6:30	14 Practice 2:20-5	15 DUAL @ SM. EAST JV-6:30 VAR- 5:00	16 Deer Park Duals 9:00 am (Varsity Only)
17	18 Practice 2:20-5	19 Practice 2:20-5	20 DUAL VS NORTH BAB JV-4:00 VAR- 5:30	21 Practice 2:20-5	22 DUAL @ COP JV-5:00 VAR- 6:00	23 OFF
24/31 OFF	25 OFF	26 Practice 10:00 – 12:00	27 Practice 9:00 – 11:30 TOURNAMENT SET UP	28 Hills East Tournament 9:30 a.m.	29 Hills East Tournament 9:30 a.m.	30 OFF

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JANUARY

2024

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 5h The Hills East Thunderbirds will be hosting the Newfield Wolverines. 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 OFF	2 Practice 2:20-5	3 Practice 2:20-5	4 Practice 2:20-5	5 DUAL VS NEWFIELD JV- 4:00 VAR- 5:30 ** SENIOR NIGHT**	6 OCEANSIDE TOURNY 9:00 a.m.
7	8 Practice 2:20-5	9 Practice 2:20-5	10 DUAL @ NORTHPORT JV- 5:00 VAR- 6:30	11 Practice 2:20-5	12 DUAL @ MT. SINAI VAR- 5:30 JV- 4:00	13 ISLIP CUP TOURNY 9:00 a.m.
14	15 Practice 9:00 – 11:30 * NO SCHOOL*	16 Practice 2:20-5	17 Practice 2:20-5 **DUAL MEET CHAMPIONSHIP**	18 Practice 2:20-5	19 Practice 2:20-5	20 HABORFIELDS TOURNY 9:00 a.m.
21	22 Practice 2:20-5	23 Practice 2:20-5	24 Practice 2:20-5	25 Practice 2:20-5	26 DUAL @ HILLS WEST JV- 4:00 VAR- 5:30	27 TBA
28	29 Practice 2:20-5	30 Practice 2:20-5	31 Practice 2:20-5			

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FEBRUARY

2024

HILLS EAST WRESTLING

The Time is NOW!!

On February 3rd, 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 hosted at Stony Brook University.

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 League III Championships @ TBA
4	5 Practice 2:20-5	6 Practice 2:20-5	7 Practice 2:20-5	8 Practice 2:20-5	9 Practice 2:20-5	10 SECTION XI COUNTY CHAMPONSHIPS @ Stony Brook U
11 SECTION XI COUNTY CHAMPONSHIPS @ Stony Brook U	12	13	14 TEAM MEETING 2:15 WRESTLING RM.	15	16	17
18	19	20	21	22	23 New York State Championships	24 New York State Championships
25	26	27	28	29		

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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

HILLS EAST WRESTLING

A COMMITMENT TO EXCELLENCE

2023-2024

- 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 19TH** - THIS IS A MANDATORY EVENT
 - **** NEW 1.5% DECENT PLAN THIS YEAR****

HILLS EAST TOURNAMENT – DECEMBER 28th and 29th

- WE NEED YOUR HELP!!- **THIS IS OUR MAIN FUNDRAISER**
 - SETTING UP FOR TOURNAMENT (December 27th)
 - 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 NIGHTS 6:00-800
GREAT VOLUNTEER WORK!!!**

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

WWW.HILLSEASTWRESLTINGTEAM.COM

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

HILLS EAST WRESTLING COACHING STAFF

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