OCTOBER 2026

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

- **Weight Certifications – NOVEMBER 21st /22nd - ** MANDATORY EVENT****
- **PRESEASON MEETING – Friday, October 16TH @ 2:10 in Wrestling Room**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	28	29	30	1	2 Pre-Season Wrestling 2:15-3:30	3
4	5	6	7	8	9 Pre-Season Wrestling 2:15-3:30	10
11	12 OFF No School	13	14	15	16 **PRESEASON MEETING @ 2:10 pm IN WRESTLING RM**	17
18	19	20	21	22	23 Pre-Season Wrestling 2:15-3:30	24
25	26	27	28	29	30 Pre-Season Wrestling 2:15-3:30	31

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NOVEMBER 2026

HILLS EAST WRESTLING

UPCOMING EVENTS

- CLEAN UP THE WRESTLING ROOM DAY- NOVEMBER 6TH
  ** VOLUNTEERS NEEDED**!!!
- FIRST DAY OF PRACTICE - NOVEMBER 16th
- NOVEMBER 21st and/or 22nd is weight certifications.

This is a MANDATORY event!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6 Cleaning Wrestling Room 2:15-4:00 pm	7
8	9	10	11 OFF No School	12	13	14
15	16 Practice 2:20-5 **FIRST DAY**	17 Practice 2:20-5	18 Practice 2:20-5	19 Practice 2:20-5	20 Practice 2:20-5	21 **CERTIFICATIONS TBA**
22 **CERTIFICATIONS TBA**	23 Practice 2:20-5	24 Practice 2:20-5	25 Practice 9:00 – 11:30 * NO SCHOOL*	26 Turkey Day No Practice	27 Practice 9:00 – 11:30 * NO SCHOOL*	28 Practice 9:00 – 11:30
29	30 Practice 2:20-5					

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DECEMBER 2026

HILLS EAST WRESTLING

Upcoming Events

LEAGUE DUAL MEET SEASON HAS BEGUN!!

The Sal DiFazio Wrestling Tournament will be on December 28TH – All Must Attend! ****Volunteer workers needed ****

- **SET UP – DECEMBER 26/27th**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Practice 2:20-5	2 Practice 2:20-5	3 **Scrimmage vs. Smith. West 3 Pm** ** No Spectators**	4 Practice 2:20-5	5 **JFK DUALS 9:00 am**
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 **Commack Tourny 9:00AM**
13	14 Practice 2:20-5	15 Practice 2:20-5	16 Practice 2:20-5	17 Practice 2:20-5	18 **DUAL @ SM. EAST V-5:00 JV- 6:30**	19 **Deer Park Duals 9:00 am (Varsity Only)**
20	21 Practice 2:20-5	22 Practice 2:20-5	23 Practice 2:20-5	24 OFF	25 OFF	26 Practice 10:00 – 12:00
27 Practice 9:00 – 11:30 **TOURNAMENT SET UP**	28 **Hills East Tournament 9:00 a.m.**	29 Practice 10:00 – 12:30 * NO SCHOOL*	30 Practice 9:00 – 11:30 * NO SCHOOL*	31 Practice 9:00 – 11:30 * NO SCHOOL*		

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JANUARY 2027

HILLS EAST WRESTLING

January is another tough month of wrestling. The RedHawks 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 8th The Hills East RedHawks will be hosting Deer Park HS. On this night we will recognize HHHE senior wrestlers.
- **** SUFFOLK DUALS TOP 2 TEAMS IN EACH LEAGUE**

REDHAWKS WRESTLING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 TBA * NO SCHOOL*	2 **OCEANSIDE DUALS** **9:00 a.m.**
3	4 Practice 2:20-5	5 Practice 2:20-5	6 **DUAL vs EAST ISLIP** **V-5:00** **JV- 6:30**	7 Practice 2:20-5	8 **DUAL vs DEER PARK** **V-5:00** **JV- 6:30** ****Senior NIght****	9 Practice 9:00 – 11:30
10	11 Practice 2:20-5	12 Practice 2:20-5	13 **DUAL@ BELLPORT** **V-5:00** **JV- 6:30**	14 Practice 2:20-5	15 **DUAL vs WEST BAB** **V-5:00** **JV- 6:30**	16 **ISLIP CUP DUALS** **9:00 am**
18	19 Practice 9:00 – 11:30 * NO SCHOOL*	19 Practice 2:20-5	20 Practice 2:20-5 ** Suffolk Duals**	21 Practice 2:20-5	22 **DUAL vs HILLS WEST (NL)** **V-5:00** **JV- 6:30**	23 **HARBORFIELDS TOURNY** **9:00 a.m.**
24/31	25 Practice 2:20-5	26 Practice 2:20-5	27 Practice 2:20-5	28 Practice 2:20-5	29 **DUAL @ MT. SINAI (NL)** **V-5:00** **JV- 6:30**	30 Practice 9:00 – 11:30

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FEBRUARY 2027

HILLS EAST WRESTLING

The Time is NOW!!

On February 6th, the RedHawks will be competing in the League IV 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 REDHAWKS WRESTLING!!!

Will you let your season end??

Don't leave it to chance!!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6 **League IV Championships @ TBA**
7	8 Practice 2:20-5	9 Practice 2:20-5	10 Practice 2:20-5	11 Practice 2:20-5	12 Practice 2:20-5	13 **SECTION XI COUNTY CHAMPIONSHIPS @ Stony Brook U**
14 **SECTION XI COUNTY CHAMPIONSHIPS @ Stony Brook U**	15 *No School*	16 *No School*	17 *No School*	18 *No School*	19 *No School*	20
21	22	23	24	25	26 **New York State Championships**	27 **New York State Championships**
28	1	2	3	4	5 **TEAM MEETING** 2:15 WRESTLING RM	6

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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

2026-2027

- 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 21 st** - THIS IS A MANDATORY EVENT
  - ** 1.5% DECENT PLAN** -
- TEAM APP - HEJA - PLEASE DOWNLOAD, SIGN UP AND JOIN!
  - TEAM CODE - IM-029640

HILLS EAST TOURNAMENT – **DECEMBER 28th**

- WE NEED YOUR HELP!!- **THIS IS OUR MAIN FUNDRAISER**
  - SETTING UP FOR TOURNAMENT (December 26/27th)
  - WORKING CONCESSION STANDS/ADMISSION
  - DONATIONS FOR CONCESSION
  - BOOSTER CLUB SIGN UP GENIUS WILL BE GOING OUT

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

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

WWW.HILLSEASTWRESLTINGTEAM.COM

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

HILLS EAST WRESTLING COACHING STAFF
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