

OCTOBER

2024

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 23rd - ** MANDATORY EVENT**
- PRESEASON MEETING – Tuesday, October 15TH @ 2:15 in Wrestling Room



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
	Pre-Season Wrestling 6:00-7:30			OFF No School	OFF No School	
6	7	8	9	10	11	12
	Pre-Season Wrestling 6:00-7:30					
13	14	15	16	17	18	19
	OFF No School	PRESEASON MEETING @ 2:15 pm IN WRESTLING RM				
20	21	22	23	24	25	26
	Pre-Season Wrestling 6:00-7:30				Pre-Season Wrestling 2:15-4:00	
27	28	29	30	31		
	Pre-Season Wrestling 6:00-7:30					

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NOVEMBER

2024

HILLS EAST WRESTLING

UPCOMING EVENTS

- CLEAN UP THE WRESTLING ROOM DAY- NOVEMBER 8TH
** VOLUNTEERS NEEDED**!!!
- FIRST DAY OF PRACTICE - NOVEMBER 18TH
- NOVEMBER 23RD is weight certifications.

This is a MANDATORY event!



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

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DECEMBER

2024

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 27TH**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Practice 2:20-5	3 Scrimmage vs. TBA	4 Practice 2:20-5	5 Practice 2:20-5	6 Practice 2:20-5	7 JFK DUALS 9:00 am
8	9 Practice 2:20-5	10 Practice 2:20-5	11 DUAL @ JOHN GLENN (NL) JV-4:30 VAR- 6:00	12 Practice 2:20-5	13 Practice 2:20-5	14 Commack Tourney 9:00AM
15	16 Practice 2:20-5	17 Practice 2:20-5	18 DUAL VS BELL JV-5:00 VAR- 6:30	19 Practice 2:20-5	20 DUAL @ WEST ISLIP JV-5:00 VAR- 6:30	21 Deer Park Duals 9:00 am (Varsity Only)
22	23 Practice 9:00 – 11:30	24 OFF	25 OFF	26 Practice 10:00 – 12:00	27 Practice 10:00 – 12:00 TOURNAMENT SET UP	28 Hills East Tournament 9:00 a.m.
29	30 TBA	31 TBA				

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JANUARY

2025

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 10th The Hills East RedHawks will be hosting the West Babylon Eagles. 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 OCEANSIDE TOURNY 9:00 a.m.
5	6 Practice 2:20-5	7 Practice 2:20-5	8 DUAL vs DEER PARK JV- 5:00 VAR- 6:30	9 Practice 2:20-5	10 DUAL vs WEST BAB JV- 5:00 VAR- 6:30 ** SENIOR**	11 ISLIP CUP TOURNY 9:00 a.m.
12	13 Practice 2:20-5	14 Practice 2:20-5	15 DUAL@ CENTEREACH JV- 5:00 VAR- 6:30	16 Practice 2:20-5	17 Practice 2:20-5	18 Practice 9:00 – 11:30
19	20 Practice 9:00 – 11:30 * NO SCHOOL*	21 Practice 2:20-5	22 Practice 2:20-5 **XI Duals **	23 Practice 2:20-5	24 DUAL vs MT. SINAI JV- 5:00 VAR- 6:00	25 HARBORFIELDS TOURNY 9:00 a.m.
26	27 Practice 2:20-5	28 Practice 2:20-5	29 Practice 9:00 – 11:30 * NO SCHOOL*	30 DUAL vs HILLS WEST JV- 4:00 VAR- 5:30	31 Practice 2:20-5	

FEBRUARY

2025

HILLS EAST WRESTLING

The Time is NOW!!

On February 8th , 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 Practice 9:00 – 11:30
2	3 Practice 2:20-5	4 Practice 2:20-5	5 Practice 2:20-5	6 Practice 2:20-5	7 Practice 2:20-5	8 League III Championships @ TBA
9	10 Practice 2:20-5	11 Practice 2:20-5	12 Practice 2:20-5	13 Practice 2:20-5	14 Practice 2:20-5	15 SECTION XI COUNTY CHAMPIONSHIPS @ Stony Brook U
16 SECTION XI COUNTY CHAMPIONSHIPS @ Stony Brook U	17 *No School*	18 *No School*	19 *No School*	20 *No School*	21 *No School*	22
23	24	25	26 TEAM MEETING 2:15 WRESTLING RM	27	28 New York State Championships	29 New York State Championships

"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

2024-2025



- 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 23RD** - THIS IS A MANDATORY EVENT
 - **** 1.5% DECENT PLAN****

HILLS EAST TOURNAMENT – DECEMBER 28th

- **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 - 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

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