

2019 Offseason Training

*Grades indicated are for the 2018-19 school year



1) Youth Monday night workouts at DV

- 6-7 PM (K – 4th grade)
- 7-8 PM (5th – 8th grade)

2) Fortify Workouts (in Flemington)

- Youth Sessions Mon & Thurs 6-7 PM
- Grade School & High School Sessions Mon - Thursday 7-8:30 PM

FORTIFY WRESTLING CLUB

3) Freestyle/Greco Circuit (7th – 12th Grade)

- March – May (Dates to be determined)
- Goal: Get DV Wrestlers on NJ Fargo teams



4) DV Summer Program (7th – 11th Grade)

- June 4th – August 4th

5) DV Youth Clinic (K – 7th Grade)

- June 17th – 20th , 6-8 PM



6) Pro-Activity (Strength & Conditioning center in Frenchtown)

- Tuesdays & Thursdays (6th – 11th Grade)

7) Lycoming Camp (June 22nd – 26th)

- Jr High Division (6th – 8th Grade)
- High School Division (9th – 11th Grade)



8) Farmers Fair Duals (Sat, July 27th)

- Jr High Division (4th – 7th Grade)
- High School Division (8th – 11th Grade)

9) 1000 Islands (August 2nd – 4th)

- Jr High: August 2nd (6th – 8th Grade)
- High School: August 2nd – 4th (8th – 11th Grade)

