



HENRY WRESTLING

PRESEASON SPOTLIGHT

Never Give Up.

Strength of mind, power of persistence. Patriots Never Give Up. As we embark on this wrestling season, remember that our greatest strength lies not only in our skills and endurance but in our mindset. This season will test the teams limits, challenge their resolve, and push them harder than ever before. There will be victories and setbacks, but through it all, one mantra will carry us forward: Never Give Up. No matter the obstacle or outcome, perseverance is the key to unlocking your full potential. Together, We will be embracing the grind, lifting each other up, and striving for excellence every step of the way.



WRESTLERS TO WATCH



ABDULLAH ALSHAMI **JUNIOR-BOYS VARSITY**

3 time varsity lettermen, 2X Master's Qualifier, 2X CIF Placer Abdullah Alshami is coming into his junior season well prepared having continued to progress in the off season. His work ethic and leadership will be key to the success to a young Patriots team. He is Yemeni-American and competes while observing Ramadan, which requires fasting from dawn till sunset.

AUBREY LUND **SOPHOMORE-GIRLS VARSITY**

Sophomore Aubrey Lund is a returning CIF Placer and Masters Qualifier. She started wrestling as a freshmen, after having done Jiu-Jitsu. She recently won San Diego's 1st Beach Wrestling Tournament in the 16U Girls Division.



VIOLET GREY **SOPHOMORE-GIRLS VARSITY**

Sophomore Violet Grey was the Patriots Girls Varsity Captain and has been working hard all off season to keep the momentum going into her sophomore campaign. She is also plays Field Hockey.

ETHAN VINORAY **JUNIOR-BOYS VARSITY**

Junior Ethan Vinoray is a returning State Qualifier, 3rd Masters, 2nd CIF, and league champion in 2023. He is looking to bounce back to top form after suffering a season ending injury in 2024. His favorite non-wrestling hobby is drawing. His experience and skill set will be leaned upon by a young Patriot team.





SENIORS!

The 2024-25 season will feature a young Patriot Team looking to surprise the competition this season. The team has been working hard in the offseason to maximize their skill set and make up for their youth. The Varsity team is going to depend on our Senior wrestlers to lead the way and set the tone. Hondo Hamel is 4 year varsity wrestler, Reid Muscat is also in his 4th varsity season, and Gage Mote is in his 2nd year varsity. All three of them will be looking to cement their legacy at Patrick Henry.





FRESHMEN!

With a successful Middle School Program now in place, Henry Wrestling now has an established pipeline of future champions. Two wrestlers to keep an eye on are Caleb Arenz and Alistar Santos-Aguirre. Both had tremendous success at the Middle School level and will look to make an immediate impact on the Patriot team. Coaches will also be looking for that surprise “dark horse” wrestler to show up and show out for the Patriots.





KUMEYAAY TRAILS WRESTLING CLUB

San Diego has long been in a youth wrestling desert. But we are proud to announce this is no longer the case. The Kumeyaay Trails Wrestling Club is now official, with the Fall Season under way. The club is open to youth wrestlers, ages 7-11 and focuses on skill development, grit and resilience. And of course fun! The goal is to foster a love of the sport through games, and competition! Patrick Henry now has a wrestling pipeline from every age and level. Be sure to share with anyone who may be interested and help build the program. Visit the club website and be sure to follow on social media!

WWW.KTWRESTLINGCLUB.ORG

[@kumeyaaytrailswrestlingclub](https://www.instagram.com/kumeyaaytrailswrestlingclub)





1ST ANNUAL PETER GIDLUND NOVICE TOURNAMENT

PATRICK HENRY GYM

4:00 PM

NOVEMBER 23, 2024



Peter Gidlund (Class of 2011) was a standout Patrick Henry wrestler, who was a 2X CIF Placer and 2X League Champion. He went on to wrestle at Oregon State University. In 2014 he he lost his battle with depression.

Henry Wrestling is proud to host its first ever Peter Gidlund Novice Tournament. This tournament is in his memory and will serve to raise awareness about mental health.

If you are interested in volunteering at the tournament or would like to make a donation, please contact Head Coach Sam Litvin at litvins@gmail.com.

Call the San Diego Access and Crisis Line (ACL) if you or a loved one needs to talk to someone or access services. The ACL is a free and confidential way to connect with someone who can help you find the support you need. **1-800-724-7240**

The ACL is a local 988 Network Partner.

988 is the national dialing code used to connect with the **Suicide & Crisis Lifeline** network of crisis call centers. Calls made to this code from a San Diego area code will be rerouted to the ACL. Scan the QR code to learn more about the ACL.





HENRY WRESTLING

TEAM BUILDING

CAL BAPTIST VS INDIANA

Coaching staff and wrestlers will be attending a dual meet on November 1st, as CBU takes on Indiana. It will be a great opportunity to watch some Division 1 wrestling and do some team building before the season starts.





HENRY WRESTLING LEADERSHIP DEVELOPMENT

Part of the vision of Coach Litvin and the Patriot coaching staff is to develop leaders on and off the mat. The way we achieve that is by investing in our wrestlers through leadership development and workshops. The focus is often on teamwork and building the necessary skills needed for a top tier wrestling program and good members of our community.

Recently Coach Litvin and a group of wrestlers braved Mission Bay and learned some of the finer points of sailing by working as a team. For many of our wrestlers this was the first time sailing or even being out on the Bay.



**Going farther as
a team!**

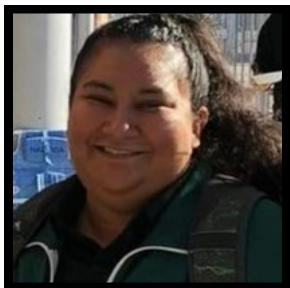
COACHING STAFF

HEAD COACH SAM LITVIN



Coach Litvin enters his third season at the helm of the Patriot Wrestling program and fifth overall. Under his leadership the team continues to build on past success and work towards establishing themselves as top competitors, students, and community members.

GIRLS COACH MIA HAMEL



Coach Hamel enters her second season with the Patriot Wrestling program. She is a native of Wyoming and comes from a big wrestling family. Her son Hondo is a senior varsity wrestler. Daughter Maverick is a freshmen girls varsity wrestler.

JV COACH CALVIN MEYERS



Coach Meyers (PH 2018) enters his fourth season with the Patriot Wrestling program. He helped coach both the JV and Middle School Programs. He was a 2X CIF Placer for the Patriots and serves in the United States Marine Corp.

ASSISTANT COACH JORES PETERS



Volunteer Assistant Coach Jores enters his second season with the Patriot Wrestling program. He also coaches the Middle School Programs. He is the Coach/Director of the Kumeyaay Trails Wrestling Club. Previously coached for several seasons at Imperial HS in Imperial, CA. Coach Jores is a native of upstate NY and wrestled for Oswego State University.

COACHING STAFF

ASSISTANT COACH GAVIN HINGTEN



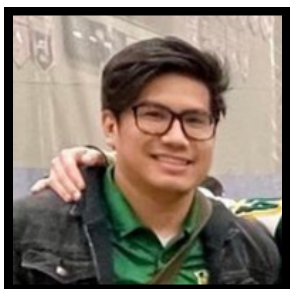
Coach Gavin (PH 2019) enters his second season with the Patriot Wrestling program. He was a CIF placer and a 2X League Champion for the Patriots. He is currently completing his graduate studies.

ASSISTANT COACH ZAVION GUY



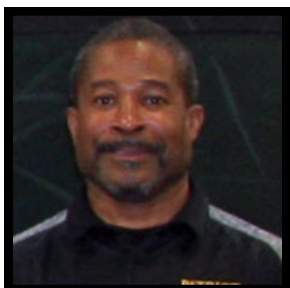
Coach Zay (PH 2019) enters his second season with the Patriot Wrestling program. He was a 2X CIF placer, and League Champion for the Patriots. He currently has the record for most pins for the Patriots. He is currently finishing his graduate studies.

ASSISTANT COACH GEORGE LY



Coach George (PH 2013) enters his fourth season with the Patriot Wrestling program. He was a 2X CIF Placer for the Patriots and is an alumni of San Diego State University.

ASSISTANT COACH BERNIE MILES



Coach Bernie Miles has been an assistant wrestling coach at Patrick Henry since 2011. He brings the mental perspective of wrestling to the team, helping the wrestler get to the right headspace to compete. Coach Bernie wrestled at Lane Tech High School in Chicago. He was the North Section Champion in his senior year, 3rd in City and an Illinois State Qualifier.

COACHING STAFF

ASISTANT COACH CAELON CRAGIN



Coach Caelon (PH 2021) enters his first season with the Patriot Wrestling program as a volunteer coach. He was a CIF placer for the Patriots.

ASISTANT COACH SEAN NEWKIRK



Volunteer Assitant Coach Sean Newkirk joins the Patriots for his first season. A native of Pennsylvania, he wrestled collegiatley at Penn State University-Beaver.



2024-2025 SCHEDULE

Month	Date	Day	Opponent	Location	Time	Who
Oct	1	Tuesday	Preseason Athlete and Parent Meeting	Patrick Henry	6:30 PM	Everyone
2024-2025 SEASON STARTS						
Nov	9	Saturday	Wrestling Try-outs	Wrestling Room	6:00 AM	Everyone
Nov	10	Monday	Girls try-outs/ welcome day	PH Wrestling Room	4:00 PM	Girls
Nov	19	Wednesday	Hydration/Team Photos	Wrestling Room	4:00 PM	Everyone
Nov	18	Monday	Athlete and Parent Meeting	PHAME	3:30/6PM	Everyone
Nov	21	Wednesday	Liberty Brawl Quad	Madison HS	5:00 PM	Everyone
Nov	23	Saturday	Peter Gidlund PH Novice Tourney	PH Gym	All-Day	Novice
Nov	25-29		Thanksgiving Break - Practice	Patrick Henry	9:00 AM	Everyone
Nov	27	Tuesday	Olympian JV Duals	Olympian HS	4:00 PM	JV
Dec	4	Wed	Helix Tri	Helix HS	5:pm	Varsity
Dec	13-14	Fri/Sat	LLC Hamada Tournament	La Costa Canyon	6:00 AM	Varsity
Dec	14	Saturday	Vista Frosh	Vista HS	9:00 AM	Freshman
Dec	18	Wednesday	Crawford League Dual*	Crawford	5:00 PM	Everyone
Dec	20-21	Fri/Sat	Olympian Novice	Olympian HS	10:00 AM	Girls
Dec	21	Saturday	Helix JV Duals	Helix HS	6:00 AM	JV
Dec	23-6		Winter Break Practice	Patrick Henry	9:00 AM	Everyone
Jan	4	Saturday	Hilltop Duals	Hilltop HS	6:00 AM	Varsity
Jan	8	Wednesday	Mira Mesa League (Alumni Night)*	PH Gym	5:00 PM	Everyone
Jan	15	Wednesday	Scripps League (Senior Night)*	PH Gym	5:00 PM	Everyone
Jan	17&18	Fri/Sat	Temecula Valley BFTB	Temecula Valley	6:00 AM	Varsity Boys
Jan	18	Saturday	Queen of the Realm	San Marcos HS	All-Day	Girls
Jan	18	Saturday	San Pasqual	San Pasqual	6:00 AM	Varsity

2024-2025 SCHEDULE

Jan	22	Wednesday	UC League Dual*	UCHS	5:00 PM	Everyone
Jan	25	Saturday	LCC Freshman Counties	La Costa Canyon	6:00 AM	Freshman
Jan	29	Wednesday	Saints League Dual(Spirit Night)*	PH Gym	5:00 PM	Boys only
Feb	1	Saturday	Willie Jones City Championships	Lincoln HS	6:00 AM	Everyone
Feb	1	Saturday	Frosh County	Mt Carmel HS	6:00 AM	Freshman
Feb	8	Saturday	CIF Division I Girls	TBD	6:00 AM	Varsity Girls
Feb	8	Saturday	JV Counties	Mt Carmel HS	9:00 AM	JV
Feb	15	Saturday	CIF Division I	TBD	6:00 AM	Varsity
Must qualify at CIF to continue						
Feb	21-22	Fri/Sat	SD Section Masters Championships	TBD	6:00 AM	
Feb	27-1	Fri/Sat	California State Championships	Bakersfield	6:00 AM	
Mar	TBD	Sat/Sun	Team Camping	Kuyamaca Camp		Everyone
Mar	TBD		Banquet			Everyone

*Denotes League Meet

- Home and away matches and tournaments during the week will get early release.
- The meeting point for all matches will be the wrestling room on Patrick Henry campus.
- Allow enough time to travel.
- Be prepared by being on-weight, with all required gear and with food and hydration for the duration of the dual/tournament.
- Practice time during the season will primarily be after school 5-700PM
- Unexcused absences and tardiness will not be tolerated.

Head Coach - Sam Litvin - 858-951-7592 - coach@henrywrestling.com

Girls Coach - Mia Hamel - 619-212-2831 - coachmhamel@gmail.com

Assistant Coach: Jores Peters 607-742-9329 jores.peters@gmail.com

Athletic Director – Cody Clark jclark@sandi.net

Patrick Henry Wrestling [Henry-Wrestling \(henrywrestling.com\)](http://Henry-Wrestling.com)

X former known as Twitter: wrestling_pats

Instagram: Patrick_Henry_Wrestling

Support PH Wrestling through a tax-deductible contribution

<https://henrywrestling.com/donations-sponsorship/>

9.30.2024



SPONSOR THE PROGRAM!

Patrick Henry High School serves kids from Del Cerro, San Carlos, Allied Gardens, Mission Valley, and the College Area as well as other areas of San Diego. We are located at 6702 Wandermere Dr, San Diego, CA 92120. It is the largest high school in the San Diego Unified District. Patrick Henry Wrestling has a rich history of continued excellence. Excellence that was exhibited in 2023-2024 by having 4 Masters qualifiers.

In 2024 the team added a middle school, youth kids, and a girls' wrestling program. The result is a reflection of the hard work the wrestlers put in and the support of the community. We average over 100-200 spectators a match with at least three home matches planned for our season and travel to tournaments throughout Southern California. We ask you and your business to be part of our 2024-2025 season by sponsoring our season through a T-shirt sponsorship to raise funds for entry fees to the tournaments for the boys, girls, JV, and freshman teams.

We want to have the opportunity to represent some of San Diego's finest businesses this year as we wrestle throughout the city, county, and state! Your sponsorship will allow you to have your company's logo printed on the back of the team t-shirt placed on the team website, and social media, and hung on a banner in the gym during home matches. This year there are three home matches and a tournament. We hope you will join us this year and be a part of our success



SPONSOR THE PROGRAM!



_____ **Platinum Sponsorship:** 5" Logo- \$345.00

_____ **Gold Sponsorship:** 3" Logo- \$295.00

_____ **Silver Sponsorship:** 2" Logo-\$225.00

_____ **Bronze Sponsorship:** Business Name and Number-\$145.00

Business Name _____ T-Shirt Size _____

Contact Name: _____ Phone Number: _____ Membership _____

Level _____

Business Address: _____

USE THE QR CODE OR PAY WITH CASH OR CHECK. MAKE PAYABLE TO THE PATRICK HENRY FOUNDATION, PUT "WRESTLING" IN THE MEMO. PLEASE EMAIL A HIGH-RESOLUTION BUSINESS LOGO TO COACH AT HENRYWRESTLING DOT COM. IF YOU HAVE ANY QUESTIONS FEEL FREE TO CONTACT SAM LITVIN AT 858-951-7592. THANK YOU AND WE LOOK FORWARD TO REPRESENTING YOUR BUSINESS AT OUR MATCHES THIS SEASON.



DONATE AND SUPPORT THE TEAM!

Like many sports teams, we depend on donations to support our athletes and ensuring they get the best competition, equipment, and opportunities. We use donations for tournament fees, replace worn out equipment etc. Please consider making a donation to the Patriot Wrestling team via the Patrick Henry Foundation. Please select “Donte to a program” and “Wrestling”. Thank you for your conintued support!





THANK YOU TO OUR LAST SEASON SPONSORS AND DONORS

On behalf of the entire wrestling team, we want to extend our heartfelt thanks to our sponsors for their generous support. Your contributions have made a significant impact, allowing us to provide essential resources, equipment, and opportunities for our athletes to grow both on and off the mat. Your belief in our team fuels our determination, and we are grateful for your commitment to our success. Your support plays a vital role in shaping the future of these athletes, teaching them the values of hard work, perseverance, and teamwork. Thank you for being a part of our journey!

GROCERY OUTLET
bargain market
Allied Gardens

Henry Wrestling
2023 SEASON SPONSORS!



Air Cooled Eddie



**THE SIMPLE
COFFEE HOUSE**





THANK YOU TO
OUR LAST SEASON
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INDIVIDUAL DONORS

Pin	Tech Fall	Major
Garry Iaconelli Rod Rojas Leann Crow Adlers/Assman Ulla Saroldi Kate Gray Marie Fitzsimmons Mr Arambula Troy Neptune Ursula Saroldi Ryan n Erik Gray Zornik Jose Fuentes	Josie Ramirez Connie Flores Lourdes Macedo Perreira, Jaime Heidi Fillat Gabriel Carillo Julissa Rivera Jamie Smith Bridgit Antoniadis Derek Smith Michael Perez Janie Meanie Jessica Foster Irma Cole Betty Buselt Dan Fillat Sophie Fitzsimmons-Peters Jacqueline Arambula	Alfredo Macedo Angelica Rodriguez Chris Turner Bill Gates Mike Alvarez Lisa Joseph James Perry Andrew Perry Paul Muscat Richard Fox