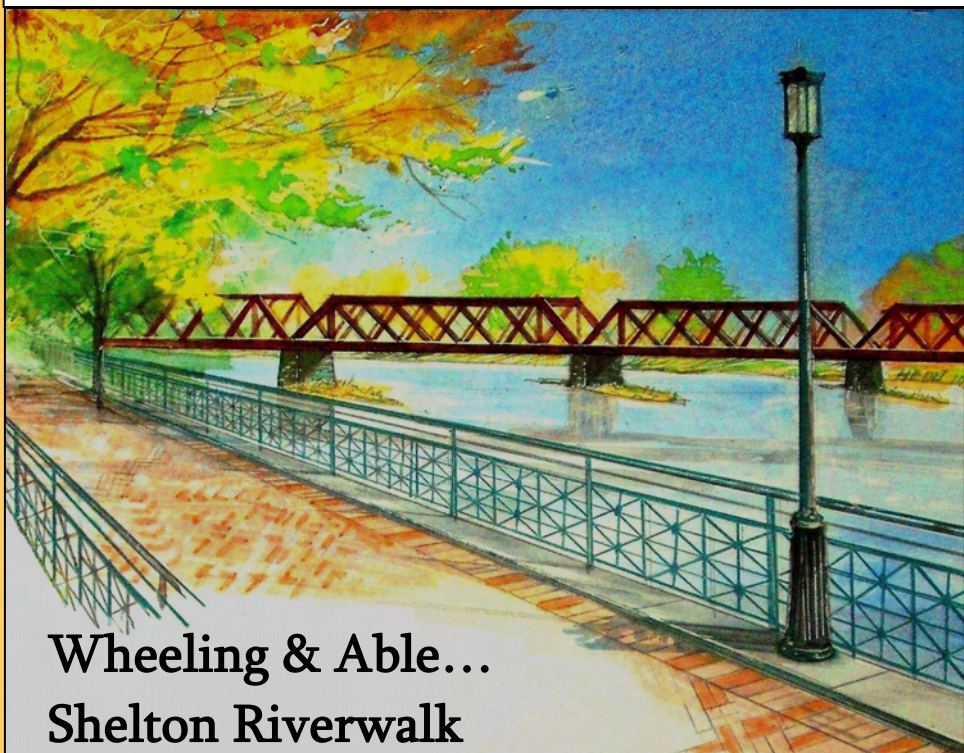


The Lower Naugatuck Valley
Municipalities-
**Ansonia, Beacon Falls, Derby,
Oxford, Seymour & Shelton**

Their History and Scheduled Events



Wheeling & Able...

Shelton Riverwalk

Wheel/Walk for Fitness

*...to benefit the CT Chapter of the
National Spinal Cord Injury Association*



*For more information or to register for this
annual event visit: www.sciact.org or call: 203 284-1045*



**Front illustration by Seth Hedu at
sethedu@gmail.com**

Seth J. Hedu was born in 1956, the second son of Jon and Corinda Hedu. He grew up in a home filled with music and Art. His father was an industrial designer, but also a fine oil painter, sculptor, violin maker and violinist in the Waterbury Symphony. This early exposure made a powerful impression prompting Seth to follow a similar path.

Seth Hedu lives in Watertown Connecticut where he has pursued a career as an Architectural design draftsman, illustrator, guitar and stringed instrument maker and restorer, Guitar instructor, and potter. He found great inspiration from the Renaissance, a time when ingenuity was at it's peak. A period in history, when lines were often blurred between being an Artist, Inventor, Sculptor, Engineer, or Musician. One had to first design and then build a tool or method to make a project or idea possible.

“It has been a pleasure and inspiration to volunteer on this unique project to create an image which in some small way will help those people who have a need.”

The Mission statement for the CT Chapter of the National Spinal Cord Injury Association is:

To support those with spinal related injuries or diseases and their families by being an advocate for their rights while serving as a resource to its members and the general public. ***We will provide individual support and furnish information to afford greater awareness of disabilities,*** spinal cord research, prevention and education. In addition, we will provide activities and events with the goal of empowering our members.

Events Mission is Two Parts:

- Promote routine physical activity for people of all ages and abilities.
- To Raise funds for the CT Chapter of the National Spinal Cord Injury Association



The Honorable Jim Himes
4th Congressional District
Connecticut

Certificate of Special Recognition
Presented to

National Spinal Cord Injury Association

Connecticut Chapter

On the NSCIA-CT's first annual Wheeling & Able Shelton Riverwalk Wheel and Walk for Fitness.

October 3, 2010

DATE

CONGRESSMAN JIM HIMES



The Honorable Rosa L. DeLauro
3rd Congressional District
Connecticut

Certificate of Special Recognition

Presented to

National Spinal Cord Injury Association

In honor of the NSCI's 20th Anniversary Celebrates a First: Successful Wheeling and Able Shelton Riverwalk Wheel/Walk for Fitness

October 3, 2010

Date

CONGRESSWOMAN ROSA L. DELAURO



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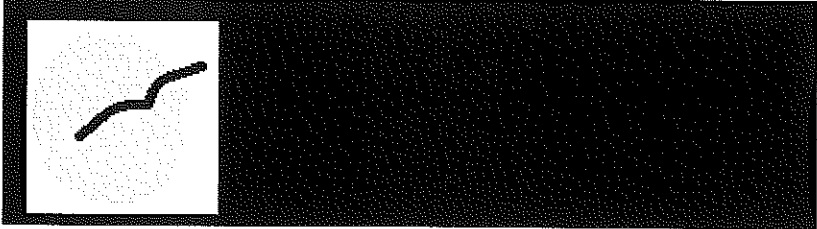
JOHN P. ESTEVES SR,

DIRECTOR

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BRIDGEPORT, CT, 06604
PHONE: (203)-275-8995
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In 1844, a businessman named Anson G. Phelps established a new industrial village. Mr. Phelps. created "a place where industrialists of the 19th Century saw their businesses merge into national or international conglomerates; a place that grew from the wilderness and built itself on a dream of progress." That heritage remains today as the city strives to continue this business tradition.

Ansonia's business community boasts a diverse mix of manufacturing, construction, retail, wholesale and transportation companies. The City's predominant sector is the service industry at 42:6%. Showing steady growth are both retail and construction businesses

With permission from the Greater Valley Chamber of Commerce

Ansonia's industrial employers, including Ansonia Copper & Brass, Stelray Plastics Products, and HMP Industries, are in the manufacturing of copper and brass alloys, heavy machinery, screw products, piping insulation and plastic components. Fountain Lake Commerce Park currently hosts Spectrum Plastics Group, and Homa Pump Technology Inc., while developer RD Scinto, Inc. announced plans to construct a complex of office, research, and manufacturing buildings on a 44-acre site in the park.

Downtown Ansonia has emerged as a major regional retail center with the opening of Better Bedding, Bob's Stores, and Marshalls at the expanded and improved Ansonia Shopping Center. In addition, Target Stores opened a 129,000 square foot store directly across the street in 2007. These national retailers have added much to the mix of long-time retailers such as Lewis Jewelers, Spector Furniture and Seccombe's Men's Shop, and service firms such as E-Z Travel & Meeting/Event Planning.

A vital characteristic of the city's development strategy is its partnership approach to dealing with issues, concerns, and opportunities. The City has established the Ansonia Development Corporation, a non-profit development corporation governed by a Board of Directors comprised of local business and community leaders, while the Ansonia Planning & Zoning Commission has recently adopted a comprehensive downtown master plan to encourage mixed-use development in the center city area.

Ansonia is experiencing a new attitude, a positive attitude, about where they are going and how they are growing. There are great changes taking place that are making the community stronger day by day. Ansonia is truly building on its past, while reshaping its future.

With permission from the Greater Valley Chamber of Commerce

Ansonia 2010-11 Athletic Events Schedule

- 116 Events Listed
 • Level: All
 • Level: V
 • Event Types: Game, Scrimmage, Postseason
 • Game Date On Or After: Today

|| Go Back ||

Date	Sport	Opponent	H/A - Facility (Directions)	Time/Result	Bus Time	Note
Tue., 9/28	V Girls Volleyball	Watertown	Home - Ansonia High School (Directions)	5:45 p.m.		
Wed., 9/29	V Boys Soccer	Torrington	Away - Torrington H.S. (Directions)	6:00 p.m.	4:30 p.m.	
Wed., 9/29	V Girls Soccer	Torrington	Home - Chargers Field on Prindle (Directions)	3:46 p.m.		
Thu., 9/30	V Girls Soccer	Wolcott	Away - Wolcott High School, Monroa Field (Directions)	5:30 p.m.	5:00 p.m.	
Thu., 9/30	V Girls Volleyball	Crosby	Away - Crosby HS (Directions)	5:00 p.m.	2:30 p.m.	If NO Freshman matches then the bus will leave at 3:30 p.m.
Fri., 10/1	V Football	Holy Cross	Home - Nolan Field, Ansonia (Directions)	7:00 p.m.		
Fri., 10/1	V Boys Soccer	Wolcott	Home - Chargers Field on Prindle (Directions)	3:45 p.m.		
Fri., 10/1	V Girls Volleyball	Kennedy	Home - Ansonia High School (Directions)	5:00 p.m.		
Mon., 10/4	V Boys Soccer	Seymour	Home - Chargers Field on Prindle (Directions)	3:30 p.m.		
Mon., 10/4	V Girls Soccer	Seymour	Away - Seymour High School (Directions)	6:00 p.m.	4:30 p.m.	
Tue., 10/5	V Girls Volleyball	Wolcott	Away - John H. Morris Gymnasium, Wolcott High School (Directions)	6:00 p.m.	2:30 p.m.	If NO Freshman matches then the bus will leave at 3:30 p.m.
Wed., 10/6	V Boys Soccer	Derby	Away - Wilek Park - Derby (Directions)	4:00 p.m.	2:30 p.m.	
Wed., 10/6	V Girls Soccer	Derby	Home - Chargers Field on Prindle (Directions)	3:45 p.m.		
Thu., 10/7	V Girls Volleyball	Woodland	Home - Ansonia High School (Directions)	6:00 p.m.		
Fri., 10/8	V Boys Soccer	Kennedy	Home - Chargers Field on Prindle (Directions)	3:50 p.m.		

Fri., 10/8	V Girls Volleyball	Holy Cross	Home - Ansonia High School [Directions]	6:00 p.m.		
Sat., 10/9	V Football	Wilby	Away - Wilby H.S. [Directions]	1:30 p.m.	11:00 a.m.	
Tue., 10/12	V Boys Soccer	Wilby	Away - Wilby H.S. [Directions]	3:45 p.m.	2:30 p.m.	
Wed., 10/13	V Girls Soccer	St. Paul Catholic	Away - St. Paul Catholic H.S. [Directions]	3:45 p.m.	2:15 p.m.	
Wed., 10/13	V Girls Volleyball	Torrington	Away - Torrington H.S. [Directions]	5:30 p.m.	2:30 p.m.	FNO Freshmen matches then the bus will leave at 3:30 p.m.
Fri., 10/15	V Football	Wolcott	Home - Nolan Field, Ansonia [Directions]	7:00 p.m.		
Fri., 10/16	V Girls Soccer	Seymour	Home - Chargers Field on Prindle Avenue [Directions]	3:30 p.m.		
Fri., 10/16	V Girls Volleyball	Seymour	Away - Seymour High School [Directions]	6:00 p.m.	2:30 p.m.	FNO Freshmen matches then the bus will leave at 3:30 p.m.
Mon., 10/18	V Girls Soccer	SMSA	Home - Chargers Field on Prindle Avenue [Directions]	4:00 p.m.		
Tue., 10/19	V Boys Soccer	St. Paul Catholic	Home - Chargers Field on Prindle Avenue [Directions]	3:45 p.m.		
Tue., 10/19	V Girls Volleyball	St. Paul Catholic	Home - Ansonia [Directions]	5:30 p.m.	2:30 p.m.	If NO Freshmen matches then the bus will leave at 3:30 p.m.
Wed., 10/20	V Girls Soccer	Jonathan Law	Away - Jonathan Law Field [Directions]	5:30 p.m.	3:45 p.m.	
Thu., 10/21	V Football	Watertown	Away - Mill Complex VHS (Watertown) [Directions]	7:00 p.m.	4:45 p.m.	
Thu., 10/21	V Girls Volleyball	Naugatuck	Home - Ansonia High School [Directions]	5:45 p.m.		
Fri., 10/22	V Boys Soccer	Woodland	Home - Chargers Field on Prindle Avenue [Directions]	3:30 p.m.		
Fri., 10/22	V Girls Soccer	Torrington	Away - Torrington HS [Directions]	3:45 p.m.	2:15 p.m.	
Fri., 10/22	V Girls Volleyball	Kennedy	Away - Kennedy H.S. [Directions]	5:00 p.m.	2:30 p.m.	FNO Freshmen matches then the bus will leave at 3:30 p.m.
Mon., 10/25	V Boys Soccer	Naugatuck	Home - Chargers Field on Prindle Avenue [Directions]	3:45 p.m.		
Mon., 10/25	V Girls Soccer	Naugatuck	Away - Naugatuck High School [Directions]	6:00 p.m.	4:30 p.m.	
Tue., 10/26	V Boys Soccer	O'Brien Tech	Home - Chargers Field on Prindle Avenue [Directions]	3:30 p.m.		

Wheeling and Able... Shelton Riverwalk Wheel/Walk for Fitness

Tue., 10/26	V Girls Volleyball	Watertown	Away - Watertown High [Directions]	5:00 p.m.	2:30 p.m.	If NO Freshmen matches then the bus will leave at 3:30 p.m.
Wed., 10/27	V Boys Soccer	Holy Cross	Away - HCHS [Directions]	3:45 p.m.	2:50 p.m.	
Wed., 10/27	V Girls Soccer	Holy Cross	Home - Chargers Field on Fritchie Ansonia [Directions]	3:45 p.m.		
Thu., 10/28	V Girls Volleyball	Wolcott	Home - Ansonia High School [Directions]	6:00 p.m.		
Fri., 10/29	V Football	Deary/O'Brien Tech	Home - Nolan Field, Ansonia [Directions]	7:00 p.m.		
Sat., 11/6	V Football	St. Paul Catholic	Away - St. Paul Catholic H.S. [Directions]	1:30 p.m.	10:45 a.m.	
Fri., 11/12	V Football	Seymour	Home - Nolan Field, Ansonia [Directions]	7:00 p.m.		
Thu., 11/25	V Football	Naugatuck	Home - Nolan Field, Ansonia [Directions]	10:30 a.m.		
Wed., 12/8	V Girls Basketball	Watertown	Away [Directions]	7:00 p.m.		
Fri., 12/10	V Girls Basketball	Wolcott	Away [Directions]	7:00 p.m.		
Sat., 12/11	V Boys Swimming and Diving	NVL Indicaional	Away - Kennedy High	3:00 p.m.	2:15	
Tue., 12/14	V Girls Basketball	Sacred Heart	Home [Directions]	7:00 p.m.		
Wed., 12/15	V Boys Basketball	Sacred Heart	Away [Directions]	7:00 p.m.		
Wed., 12/15	V Wrestling	Thomaston	Away [Directions]	6:30 p.m.	4:30p.m.	
Fri., 12/17	V Boys Basketball	Derby	Away [Directions]	7:00 p.m.		
Fri., 12/17	V Boys Swimming and Diving	Sacred Heart	Home - Seymour High School [Directions]	4:00 p.m.		
Fri., 12/17	V Girls Basketball	Derby	Home [Directions]	7:00 p.m.		
Sat., 12/18	V Wrestling	Pompanoy Tournament	Away - Pomperaug	8:00 a.m.	7:15a.m.	
Tue., 12/21	V Boys Basketball	Crosby	Home [Directions]	7:00 p.m.		
Tue., 12/21	V Wrestling	Haddam-Killingworth	Home - Seymour High School [Directions]	8:30 p.m.		
Tue., 12/21	V Girls Basketball	Crosby	Away [Directions]	7:00 p.m.		
Thu., 12/23	V Boys Basketball	St. Paul Catholic	Home [Directions]	7:00 p.m.		

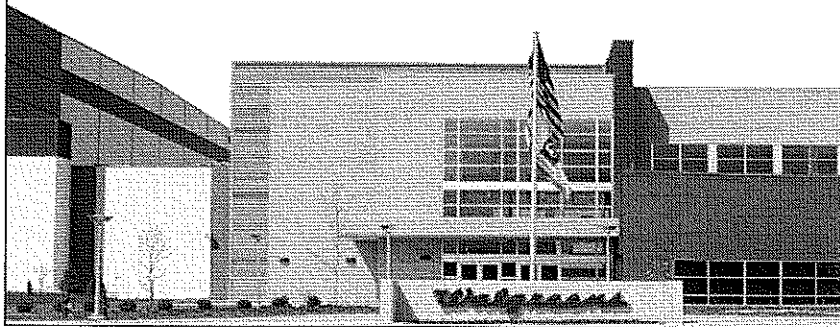
Thu, 12/25	V Wrestling	Platt Tech/West Haven	Away [Directions]	8:00 p.m.	4:15 PM
Thu, 12/23	V Girls Basketball	St. Paul Catholic	Away [Directions]	7:00 p.m.	
Mon, 12/27	V Wrestling	University/MSA	Away [Directions]	11:00 a.m.	8:45a.m.
Thu, 12/25	V Boys Basketball	Holy Cross	Home [Directions]	7:00 p.m.	
Tue, 12/28	V Girls Basketball	Holy Cross	Away [Directions]	7:00 p.m.	
Wed, 12/29	V Boys Swimming and Diving	Collegat Invitational	Away - unknown	4:00 p.m.	3:00
Thu, 12/30	V Boys Basketball	Woodland	Away [Directions]	7:00 p.m.	
Thu, 12/30	V Wrestling	Law Tournament	Away - Law High	9:30 a.m.	6:45a.m.
Thu, 12/30	V Girls Basketball	Woodland	Home [Directions]	7:00 p.m.	
Tue, 1/4	V Boys Basketball	Naugatuck	Home [Directions]	7:00 p.m.	
Tue, 1/4	V Boys Swimming and Diving	Naugatuck	Home - Seymour High School [Directions]	4:00 p.m.	
Tue, 1/4	V Girls Basketball	Naugatuck	Away [Directions]	7:00 p.m.	
Wed, 1/5	V Wrestling	OSW	Away - tba	6:00 p.m.	tba
Fri, 1/7	V Boys Basketball	Seymour	Home [Directions]	7:00 p.m.	
Fri, 1/7	V Girls Basketball	Seymour	Away [Directions]	7:00 p.m.	
Sat, 1/8	V Wrestling	Darien Quad	Away - Danerhigh	10:00 a.m.	7:45a.m.
Tue, 1/11	V Boys Basketball	Watertown	Away [Directions]	7:00 p.m.	
Tue, 1/11	V Boys Swimming and Diving	Kennedy	Home - Seymour High School [Directions]	4:00 p.m.	
Tue, 1/11	V Girls Basketball	Watertown	Home [Directions]	7:00 p.m.	
Wed, 1/12	V Wrestling	Holy Cross	Home - Seymour High School [Directions]	6:30 p.m.	
Fri, 1/14	V Boys Basketball	Wolcott	Away [Directions]	7:00 p.m.	
Fri, 1/14	V Boys Swimming and Diving	Masuk	Away [Directions]	4:00 p.m.	2:15 P.M.

Fr., 1/14	V Girls Basketball	Wolcott	Home [Directions]	7:00 p.m.	
Sat., 1/15	V Wrestling	Derby Quad	Away - Derby High	11:00 a.m.	8:30a.m.
Wed., 1/19	V Wrestling	Morgan	Away [Directions]	8:00 p.m.	3:45p.m.
Fri., 1/21	V Boys Basketball	Torrington	Away [Directions]	7:00 p.m.	
Fri., 1/21	V Girls Basketball	Torrington	Home [Directions]	7:00 p.m.	
Sat., 1/22	V Wrestling	New Milford Tournament	Away - New Milford High	9:30 a.m.	8:15a.m.
Tue., 1/25	V Boys Basketball	Derby	Home [Directions]	7:00 p.m.	
Tue., 1/25	V Boys Swimming and Diving	Woodland	Away [Directions]	4:00 p.m.	2:30p.m.
Tue., 1/25	V Girls Basketball	Derby	Away [Directions]	7:00 p.m.	
Wed., 1/28	V Wrestling	Nonnewaug	Home - Seymour High School [Directions]	8:30 p.m.	
Fri., 1/28	V Boys Swimming and Diving	Crosby	Home - Seymour High School [Directions]	4:00 p.m.	
Sat., 1/29	V Wrestling	Killingly Tournament	Away - Killing High	TBA	tba
Tue., 2/1	V Boys Basketball	St. Paul Catholic	Away [Directions]	7:00 p.m.	
Tue., 2/1	V Wrestling	Terrylite	Away [Directions]	8:30 p.m.	4:15 PM
Tue., 2/1	V Girls Basketball	St. Paul Catholic	Home [Directions]	7:00 p.m.	
Fri., 2/4	V Boys Basketball	Kennedy	Home [Directions]	7:00 p.m.	
Fri., 2/4	V Girls Basketball	Kennedy	Away [Directions]	7:00 p.m.	
Sat., 2/5	V Wrestling	Seymour Tournament	Home - Seymour High School [Directions]	10:00 a.m.	
Tue., 2/8	V Boys Basketball	Woodland	Home [Directions]	7:00 p.m.	
Tue., 2/8	V Girls Basketball	Woodland	Away [Directions]	7:00 p.m.	
Fri., 2/11	V Boys Basketball	Wilby	Away [Directions]	7:00 p.m.	
Fri., 2/11	V Boys Swimming and Diving	Watertown	Away [Directions]	7:00 p.m.	5:30p.m.

Fri., 2/11	V Girls Basketball	Wilby	Home [Directions]	7:00 p.m.	
Sat., 2/12	V Wrestling	Haddam Killingworth Team.	Away - Haddam Killingworth High	10:00 a.m.	7:00a.m.
Tue., 2/15	V Boys Basketball	Seymour	Away [Directions]	7:00 p.m.	
Tue., 2/15	V Boys Swimming and Diving	Holy Cross	Home - Seymour High School [Directions]	4:00 p.m.	
Tue., 2/15	V Girls Basketball	Seymour	Home [Directions]	7:00 p.m.	
Fri., 2/18	V Boys Basketball	Watertown	Home [Directions]	7:00 p.m.	
Fri., 2/18	V Boys Swimming and Diving	Torrington	Away [Directions]	7:45 p.m.	6:00p.m.
Tue., 2/22	V Boys Basketball	Wolcott	Home [Directions]	7:00 p.m.	
Tue., 3/1	V Boys Swimming and Diving	NVL trials	Away - Kennedy	4:00 p.m.	2:30p.m.
Wed., 3/2	V Boys Swimming and Diving	NVL diving	Away - Woodland	6:00 p.m.	tba
Fri., 3/4	V Boys Swimming and Diving	NVL finals	Away - Kennedy	6:00 p.m.	4:30p.m.
Sat., 3/12	V Boys Swimming and Diving	Class s trials	Away - tba	TBA	tba
Tue., 3/15	V Boys Swimming and Diving	Class S finals	Away	TBA	tba
Sat., 3/19	V Boys Swimming and Diving	Tournament Game - Opponent Not Known	Away - tba	TBA	tba

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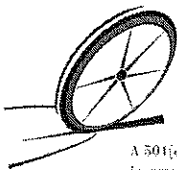


Please contact us if you or someone you know has a disability and would like additional information about our fulltime employment opportunities
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Foundation**

**is proud to support the
CT Chapter of the
National Spinal Cord
Injury Association**

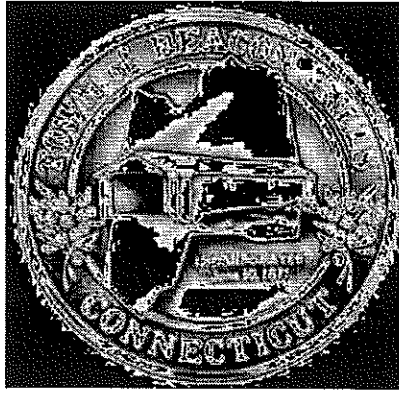
**Shelton Riverwalk
Wheel/Walk for Fitness**



Obie Harrington-Howes Foundation

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A 501(c)(3) organization dedicated to maintaining and improving quality of life
by providing financial aid to individuals with spinal cord injuries.



According to historians, Beacon Falls got its name from Beacon Hill, a colonial lookout from which Beacon Hill Brook descended with a small waterfall. Bisected by the Naugatuck River, it was first settled by colonists from Derby in 1678, and incorporated in 1871. Lands from each of the bordering towns of Bethany, Naugatuck, Oxford, and Seymour combined to become what is now known as Beacon Falls.

Early in its history, Beacon Falls was an agricultural area. As time went on, the Industrial Revolution made its appearance in the town. The first friction matches were made here in 1834 by Thomas Sanford. The Beacon Falls Rubber Shoe Company was also among the town's first businesses. In 1921, it was taken over by the US Rubber Company and in 1930 the name was changed to UniRoyal. A few farms still dot the hillside at the present time, but gradually over the years most of the farmland has been developed into sub-divisions. The population of Beacon Falls continues to grow.

Beacon Falls is centrally located and highly accessible. It's situated on Route 8 about midway between interstate 95 and 84. Passenger and freight rail service is available via daily round trips provided by Metro-North's Waterbury Line, and air service is available at nearby Oxford Airport.

With permission from the Greater Valley Chamber of Commerce

The Economic Development Commission has played a vital role in the community, partnering with the Board of Selectmen and the Citizen's for Tomorrow's Downtown. A major Department of Transportation grant is being utilized to plan and construct a river walk along the banks of the Naugatuck River. This project will have a significant impact on the town, which welcomes economic growth that is visually appealing and environmentally sound.

Beacon Falls is part of a Regional School System with Prospect. Woodland Regional High School opened its doors in 2001 to freshman and sophomores. Additionally, Beacon Falls has the advantage of 5 centers of learning within 20 miles and the four Connecticut Universities can be accessed in an hour or less from Beacon Falls.

Deriving its name from a lookout, Beacon Falls continues to "look out" for its businesses and residents as they have entered the new millennium.

Today, Beacon Falls is home to a diverse mix of business primarily located in two modern industrial parks Murtha Industrial Park and the Pinesridge Industrial Park. These include Alcoa Bakers Choice Products, DiGiorgi Roofing & Siding, Greenwich Workshop, Oce Irnagistics Inc., Golden-Rod, and NEJ, Inc. In the downtown area, new businesses such as the Beacon Falls Pharmacy and Casa Giovanni's Restaurant are bringing new retail vitality.

With permission from the Greater Valley Chamber of Commerce

Woodland 2010-11 Athletic Events Schedule

- 129 Events Listed
- Football: F
- Soccer: S
- Volleyball: V
- Event Types: Game, Scrimmage, Postseason
- Game Date On Or After: Today

[Go Back]

Date	Sport	Opponent	H/A-Facility [Directions]	Time/Result Time	Bus	Note
Tue., 8/28	V Boys Soccer	Watertown	Home - Woodland Soccer Field [Directions]	3:45 p.m.		
Tue., 9/28	V Girls Volleyball	Wolcott	Home - Woodland Gym [Directions]	6:00 p.m.		Varsity will begin 25 minutes after conclusion of JV match.
Wed., 9/23	V Boys Cross Country	Naugatuck, Torrington, Sacred Heart, Wilby	Away - Naugatuck High School [Directions]	3:30 p.m.	2:15 p.m.	
Wed., 9/29	V Girls Cross Country	Naugatuck, Torrington, Sacred Heart, Wilby	Away - Naugatuck High School [Directions]	3:30 p.m.		
Wed., 9/29	V Girls Soccer	Watertown	Away - Veterans Park [Directions]	3:30 p.m.	2:30 p.m.	
Wed., 9/29	V Girls Swimming and Diving	West Haven	Home - Woodland Pool [Directions]	4:00 p.m.		
Thu., 9/30	V Girls Soccer	Holy Cross	Home - Woodland Soccer Field [Directions]	3:30 p.m.		
Thu., 9/30	V Girls Volleyball	Kennedy	Away - Kennedy H.S. [Directions]	5:00 p.m.	2:45 p.m.	Varsity will begin 22 minutes after conclusion of JV match.
Fri., 10/1	V Boys Cross Country	Veterans Park Invitational	Away - Veterans Park	TBA		OPTIONAL - TRANSPORTATION NOT PROVIDED
Fri., 10/1	V Football	Wolcott	Away - Wolcott High School, Monroe Field [Directions]	7:00 p.m.	4:00 p.m.	
Fri., 10/1	V Boys Soccer	Holy Cross	Away - HCHS [Directions]	3:45 p.m.	2:30 p.m.	
Fri., 10/1	V Girls Cross Country	Veterans Park Invitational	Away - Veterans Park	TBA		OPTIONAL - TRANSPORTATION NOT PROVIDED
Fri., 10/1	V Girls Swimming and Diving	Watertown	Home - Woodland Pool [Directions]	6:00 p.m.		
Fri., 10/1	V Girls Volleyball	Torrington	Home - Woodland Gym [Directions]	5:00 p.m.		Varsity will begin 24 minutes after conclusion of JV match
Sat., 10/2	V Boys Cross Country	Wilton Invitational	Away - Wilton High School	TBA	7:30 a.m.	
Sat., 10/2	V Girls Cross Country	Wilton Invitational	Away - Wilton High School	TBA	TBA	
Mon., 10/4	V Boys Soccer	St. Paul Catholic	Away - St. Paul Catholic H.S. [Directions]	4:00 p.m.	2:15 p.m.	
Mon., 10/4	V Girls Soccer	St. Paul Catholic	Home - Woodland Soccer Field [Directions]	4:00 p.m.		

Tue., 10/9	V Boys Cross Country	Watertown, Kennedy, Wilby	Away - WOODLAND [Directions]	3:30 p.m.		
Tue., 10/9	V Girls Cross Country	Watertown, Kennedy, Wilby, Derby	Away - WOODLAND [Directions]	3:30 p.m.		
Tue., 10/9	V Girls Volleyball	Seymour	Away - Seymour High School [Directions]	6:00 p.m.	3:45 p.m.	Varsity will begin 22 minutes after conclusion of JV match
Wed., 10/6	V Boys Soccer	Naugatuck	Home - Woodland Soccer Field [Directions]	3:30 p.m.		
Wed., 10/6	V Girls Soccer	Naugatuck	Away - Naugatuck High School [Directions]	8:00 p.m.	4:30 p.m.	
Wed., 10/6	V Girls Swimming and Diving	Sheehan	Home - Woodland Pool [Directions]	4:00 p.m.		
Thu., 10/7	V Girls Volleyball	Ansonia	Away - Ansonia High School [Directions]	6:00 p.m.	3:30 p.m.	Varsity will begin 22 minutes after conclusion of JV match
Fri., 10/8	V Football	Watertown	Home - Woodland Football Field [Directions]	7:00 p.m.		
Fri., 10/8	V Boys Soccer	Wolcott	Home - Woodland Soccer Field [Directions]	3:45 p.m.		
Fri., 10/8	V Girls Soccer	Wolcott	Away - Wolcott High School, Monroe Field [Directions]	6:30 p.m.	4:45 p.m.	
Fri., 10/8	V Girls Swimming and Diving	Naugatuck	Away - Naugatuck High School [Directions]	6:00 p.m.	4:30 p.m.	
Fri., 10/8	V Girls Volleyball	Wilby	Home - Woodland Gym [Directions]	6:00 p.m.		Varsity will begin 22 minutes after conclusion of JV match
Tue., 10/12	V Boys Cross Country	Wolcott, Seymour, St. Paul Catholic	Home - Woodland [Directions]	3:30 p.m.		
Tue., 10/12	V Boys Soccer	Torrington	Home - Woodland Soccer Field [Directions]	3:45 p.m.		
Tue., 10/12	V Girls Cross Country	Wolcott, Seymour, St. Paul Catholic	Home - Woodland [Directions]	3:30 p.m.		
Tue., 10/12	V Girls Soccer	Torrington	Away - Torrington H.S. [Directions]	6:00 p.m.	4:15 p.m.	
Tue., 10/12	V Girls Volleyball	Torrington	Away - Torrington H.S. [Directions]	6:00 p.m.	4:30 p.m.	Varsity Only match
Wed., 10/13	V Girls Swimming and Diving	Seymour	Away - Seymour High School [Directions]	4:00 p.m.	2:45 p.m.	
Wed., 10/13	V Girls Volleyball	Crosby	Away - Crosby HS [Directions]	6:00 p.m.	2:45 p.m.	Varsity will begin 22 minutes after conclusion of JV match
Thu., 10/14	V Girls Soccer	Oxford	Home - Woodland Soccer Field [Directions]	3:30 p.m.		
Fri., 10/15	V Football	Holy Cross	Home - Woodland Football Field [Directions]	7:00 p.m.		
Fri., 10/15	V Girls Soccer	Naugatuck	Home - Woodland Soccer Field [Directions]	3:30 p.m.		
Fri., 10/15	V Girls Swimming and Diving	Sacred Heart	Home - Woodland Pool [Directions]	4:00 p.m.		

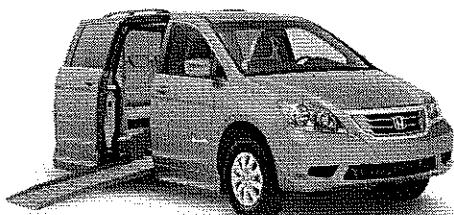
Fri, 10/15	V Girls Volleyball	St. Paul Catholic	Away - St. Paul Catholic H.S. [Directions]	5:30 p.m.	2:30 p.m.	Varsity will begin 22 minutes after conclusion of JV match
Sat, 10/16	V Boys Soccer	Lyman Hall	Home - Woodland Soccer Field [Directions]	2:00 p.m.		
Tue, 10/18	V Boys Soccer	Seymour	Home - Woodland Football Field [Directions]	6:30 p.m.		
Tue, 10/18	V Girls Soccer	Seymour	Away - Seymour High School [Directions]	6:00 p.m.	4:30 p.m.	
Tue, 10/19	V Girls Swimming and Diving	St. Paul Catholic	Home - Woodland Pool [Directions]	4:00 p.m.		
Tue, 10/19	V Girls Volleyball	Watertown	Home - Woodland Gym [Directions]	6:00 p.m.		Varsity will begin 22 minutes after conclusion of JV match
Wed, 10/20	V Boys Cross Country	NVL Championships	Away - Veterans Park	TBA	1:15 p.m.	
Wed, 10/20	V Girls Cross Country	NVL Championships	Away - Veterans Park	TBA		
Thu, 10/21	V Girls Swimming and Diving	Lyman Hall	Away - Sheehan High School Pool [Directions]	4:00 p.m.	2:15 p.m.	
Thu, 10/21	V Girls Volleyball	Holy Cross	Home - Woodland Gym [Directions]	6:00 p.m.		Varsity will begin 22 minutes after conclusion of JV match
Fri, 10/22	V Boys Cross Country	Novice Invitational	Away - Naugatuck High School	3:30 p.m.	2:15 p.m.	
Fri, 10/22	V Boys Soccer	Ansonia	Away - Chargers Field on Prindle Avenue [Directions]	3:30 p.m.	2:30 p.m.	
Fri, 10/22	V Girls Cross Country	Novice Invitational	Away - Naugatuck High School	TBA	2:30 p.m.	
Fri, 10/22	V Girls Soccer	Derby	Home - Woodland Soccer Field [Directions]	3:30 p.m.		
Sat, 10/23	V Football	Torrington	Away - Torrington H.S. [Directions]	7:00 p.m.	4:00 p.m.	
Mon, 10/25	V Boys Cross Country	Platt Tech invite	Away - Platt Tech High School	TBA	2:15 p.m.	
Mon, 10/25	V Boys Soccer	Kennedy	Away - Municipal Stadium [Directions]	6:00 p.m.	4:30 p.m.	
Mon, 10/25	V Girls Cross Country	Platt Tech Invitational	Away - Platt Tech High School	TBA	2:15 p.m.	
Mon, 10/26	V Girls Soccer	Watertown	Home - Woodland Football Field [Directions]	6:30 p.m.		SENIOR NIGHT
Tue, 10/26	V Girls Soccer	SMSA	Away - Dillon Stadium [Directions]	4:00 p.m.	2:30 p.m.	
Tue, 10/26	V Girls Swimming and Diving	Kennedy	Home - Woodland Pool [Directions]	4:00 p.m.		
Thu, 10/26	V Girls Volleyball	Waterit	Away - John H. Norcia Gymnasium, [Directions]	6:00 p.m.	3:30 p.m.	Varsity will begin 22 minutes after conclusion of JV match
Wed, 10/27	V Boys Soccer	Crosby	Away - Municipal Stadium [Directions]	6:30 p.m.	5:00 p.m.	

Thu., 10/26	V Girls Swimming and Diving	East Haven	Away - East Haven Recreation Pool [Directions]	3:45 p.m.	2:16 p.m.	
Thu., 10/28	V Girls Volleyball	Seymour	Home - Woodland Gym [Directions]	6:00 p.m.		Varsity will begin 22 minutes after conclusion of JV match.
Fri., 10/29	V Football	St. Paul Catholic	Home - Woodland Football Field [Directions]	7:00 p.m.		
Sat. 10/30	V Boys Cross Country	CAC Class M Championship	Away - Wickham Park - East Hartford [Directions]	12:00 p.m.	8:16 p.m.	
Sat. 10/30	V Girls Cross Country	CAC Class SS Championship	Away - Wickham Park - East Hartford [Directions]	10:28 a.m.	8:15 a.m.	
Wed., 11/3	V Girls Swimming and Diving	NVL Swim Trials	Away - Kennedy High School	4:00 p.m.	1:15 p.m.	
Thu., 11/4	V Girls Swimming and Diving	NVL Diving Championships	Away - Kennedy High School	6:00 p.m.		
Fri., 11/5	V Boys Cross Country	CAC Open Championship	Away - Wickham Park - East Hartford [Directions]	2:00 p.m.		
Fri., 11/5	V Football	Naugatuck	Away - Naugatuck High School [Directions]	7:00 p.m.	4:16 p.m.	
Fri., 11/5	V Girls Cross Country	CAC Open Championship	Away - Wickham Park - East Hartford [Directions]	2:45 p.m.		
Sat., 11/6	V Girls Swimming and Diving	NVL Swim Championships	Away - Kennedy High School	4:00 p.m.	1:15 p.m.	
Thu., 11/11	V Football	Sacred Heart	Away - Municipal Stadium [Directions]	6:00 p.m.	3:15 p.m.	
Sat. 11/13	V Boys Cross Country	New England Championship	Away - Theford Academy - Theford, VT [Directions]	TBA		
Sat. 11/13	V Girls Cross Country	New England Championship	Away - Theford Academy - Theford, VT [Directions]	TBA		
Wed., 11/24	V Football	Seymour	Home - Woodland Football Field [Directions]	6:00 p.m.		
Wed., 12/3	V Girls Basketball	Wilby	Home [Directions]	7:00 p.m.		
Fri. 12/10	V Girls Basketball	Seymour	Home [Directions]	7:00 p.m.		
Tue., 12/14	V Girls Basketball	Crosby	Away [Directions]	7:00 p.m.		
Wed., 12/15	V Boys Basketball	Crosby	Home [Directions]	7:00 p.m.		
Fri., 12/17	V Boys Basketball	Wolcott	Home [Directions]	7:00 p.m.		
Fri. 12/17	V Girls Basketball	Wolcott	Away [Directions]	7:00 p.m.		
Tue. 12/21	V Boys Basketball	Watertown	Away [Directions]	7:00 p.m.		
Tue., 12/21	V Girls Basketball	Watertown	Home [Directions]	7:00 p.m.		
Thu.,	V Boys Basketball	Derby	Away	7:00 p.m.		

12/23 Thu., 12/23	V Girls Basketball	Derby	[Home] [Directions]	7:00 p.m.	
Tue. 12/28	V Boys Basketball	Naugatuck	Home [Directions]	7:00 p.m.	
Thu. 12/28	V Girls Basketball	Naugatuck	Away [Directions]	7:00 p.m.	
Thu., 12/30	V Boys Basketball	Ansonia	Home [Directions]	7:00 p.m.	
Thu., 12/30	V Girls Basketball	Ansonia	Away [Directions]	7:00 p.m.	
Tue., 1/4	V Boys Basketball	Sacred Heart	Away [Directions]	7:00 p.m.	
Tue., 1/4	V Girls Basketball	Sacred Heart	Home [Directions]	7:00 p.m.	
Tue., 1/4	V Girls Gymnastics	New Milford, Nonnewaug	Away [Directions]	4:00 p.m.	TBA
Fri., 1/7	V Boys Basketball	St. Paul Catholic	Home [Directions]	7:00 p.m.	
Fri., 1/7	V Girls Basketball	St. Paul Catholic	Away [Directions]	7:00 p.m.	
Sat., 1/6	V Girls Gymnastics	Pomperaug Invitational	Home - PHB Mall Gym [Directions]	10:00 a.m.	
Mon., 1/10	V Girls Gymnastics	Washell, New Canaan, New Canaan	Home - Auxiliary Gym [Directions]	8:00 p.m.	
Tue., 1/11	V Boys Basketball	Wilby	Away [Directions]	7:00 p.m.	
Tue., 1/11	V Girls Basketball	Wilby	Home [Directions]	7:00 p.m.	
Thu., 1/13	V Girls Gymnastics	Staples, Nonnewaug	Away [Directions]	4:00 p.m.	TBA
Fri., 1/14	V Boys Basketball	Seymour	Home [Directions]	7:00 p.m.	
Fri., 1/14	V Girls Basketball	Seymour	Away [Directions]	7:00 p.m.	
Fri., 1/21	V Boys Basketball	Kennedy	Away [Directions]	7:00 p.m.	
Fri., 1/21	V Girls Basketball	Kennedy	Home [Directions]	7:00 p.m.	
Mon., 1/24	V Girls Gymnastics	Fairfield Wade, Fairfield Ludlowe, Newnaug	Home - Auxiliary Gym [Directions]	6:00 p.m.	
Tue., 1/25	V Boys Basketball	Wolcott	Away [Directions]	7:00 p.m.	
Tue., 1/25	V Girls Basketball	Wolcott	Home [Directions]	7:00 p.m.	
Fri., 1/28	V Boys Basketball	Watertown	Home [Directions]	7:00 p.m.	

Fri., 1/23	V Girls Basketball	Waterdown	Away [Directions]	7:00 p.m.	
Fri., 1/28	V Girls Gymnastics	Weston, Nonnewaug	Away [Directions]	5:50 p.m.	TBA
Sat., 1/29	V Girls Gymnastics	Darien, Nonnewaug	Away [Directions]	3:30 p.m.	TBA
Tue., 2/1	V Boys Basketball	Darby	Home [Directions]	7:00 p.m.	
Tue., 2/1	V Girls Basketball	Darby	Away [Directions]	7:00 p.m.	
Fri., 2/4	V Boys Basketball	Holy Cross	Home [Directions]	7:00 p.m.	
Fri., 2/4	V Girls Basketball	Holy Cross	Away [Directions]	7:00 p.m.	
Fri., 2/4	V Girls Gymnastics	Greenwich, Nonnewaug	Away [Directions]	5:30 p.m.	TBA
Tue., 2/8	V Boys Basketball	Ansonia	Away [Directions]	7:00 p.m.	
Tue., 2/8	V Girls Basketball	Ansonia	Home [Directions]	7:00 p.m.	
Tue., 2/8	V Girls Gymnastics	Wilton, Nonnewaug	Home - Auxiliary Gym [Directions]	6:00 p.m.	
Thu., 2/10	V Girls Gymnastics	SMC Tournament	Away	TBA	Site TBA
Fri., 2/11	V Boys Basketball	Torrington	Home [Directions]	7:00 p.m.	
Fri., 2/11	V Girls Basketball	Torrington	Away [Directions]	7:00 p.m.	
Tue., 2/19	V Boys Basketball	St. Paul Catholic	Away [Directions]	7:00 p.m.	
Tue., 2/19	V Girls Basketball	St. Paul Catholic	Home [Directions]	7:00 p.m.	
Tue., 2/19	V Girls Gymnastics	Trumbull, Nonnewaug	Home - Auxiliary Gym [Directions]	6:00 p.m.	
Tue., 2/22	V Boys Basketball	Seymour	Away [Directions]	7:00 p.m.	

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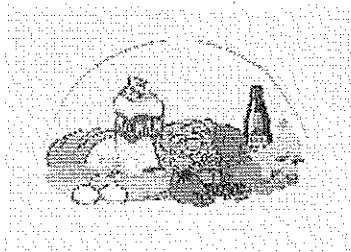
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Located at the confluence of the Housatonic and Naugatuck Rivers, Derby - Connecticut's smallest city - boasts a rich economic and cultural history. From the first water-powered gristmill to the opening of the Housatonic Dam in 1870, effective utilization of available resources attracted a series of large manufacturers to the city. It's this same philosophy that propels this community forward today.

Situated at the center of a triangle bordered by New Haven, Waterbury and Bridgeport, over 120,000 vehicles pass through Derby each day. With Route 8 providing a vital north south link to major interstate highways 84 and 95, there is high interest in developing this area.

Among the cities long established and respected wholesale retail businesses are the Housatonic Lumber Company, which was established in 1907, and Hubbell Brothers Shoes, Connecticut's longest, continually operated shoe store founded in 1896.

In the company of the national retailers located here, a family-owned Grade A Shop Rite has transformed a former Bradlees site into a thriving retail plaza. Derby has a number of fine Italian restaurants and delis that would rival New York City, including Roseland's Pizza. Add these businesses to the many small businesses scattered throughout the city, Derby now boasts over \$123 million in

With permission from the Greater Valley Chamber of Commerce

Derby is also home to Griffin Hospital, the Valley's primary and premiere healthcare facility. With 161 beds, Griffin's admissions and outpatient services have grown steadily over the past several years, while Fortune Magazine has named the hospital among the "100 Best Companies to Work for in America" for nine consecutive years. The Hospital's new three- story, 49,000 square foot Ambulatory Care Pavilion & Community Cancer Center is expected to open this fall.

While retail and services continue to grow, Derby is also home to many venerable manufacturers including Derby Cellular Products, Gordon Rubber & Packaging, Charles J Dickgiesser Company, WE Bassett Company, Manger Die Casting Company, and IDA International, Inc.

Derby is working on developing a city-owned industrial park called Fountain Lake which shares space with Ansonia and Seymour. It also has plans to construct a road into what is known as the former DOT site which borders Route 34 and Route 8. The construction of this road will open up approximately 17 acres of commercial/retail/industrial space.

In the heart of downtown, Derby has a comprehensive redevelopment plan that will bring new residential, retail, and dining activities to the center city. This project will be linked to the recently opened 1.7 mile Derby Greenway that runs along the Naugatuck River. The City also has plans for creating a park and boat launch on O'Sullivan's Island. Derby has extensive parks and open space including the 350 acre Osbornedale State Park.

These enhancements make Derby not only a great place to conduct business, but also an inviting place to live.

Derby 2010-11 Athletic Events Schedule

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Date	Sport	Opponent	H/A-Facility [Directions]	Time/Result	Bus Time	Note
Wed., 9/29	V Boys Soccer	Sacred Heart	Home - Wittek Park - Derby [Directions]	4:30 p.m.		
Wed., 9/29	V Girls Soccer	Sacred Heart	Away - Hamilton Park [Directions]	3:45 p.m.	2:30 pm	
Thu., 9/30	V Boys Soccer	O'Brien Tech	Home - Derby - Wittek Park [Directions]	4:00 p.m.		
Thu., 9/30	V Girls Soccer	Seymour	Away - Seymour High Main Field [Directions]	6:00 p.m.	4:30 pm	
Fri., 10/1	V Boys Cross Country	Veterans Park Invitational	Away - Veterans Park	TBA	t	
Fri., 10/1	V Football	Naugatuck	Home - Ryan Athletic Complex - DeFilippo Field Derby [Directions]	7:00 p.m.		
Fri., 10/1	V Boys Soccer	Wilby	Away - Wilby H.S. [Directions]	4:00 p.m.	2:30 pm	
Fri., 10/1	V Girls Cross Country	Veterans Park Invitational	Away - Veterans Park			
Mon., 10/4	V Boys Soccer	Wolcott	Away - Wolcott High School, Monroe Field [Directions]	7:00 p.m.	5:15 p.m.	
Mon., 10/4	V Girls Soccer	Wolcott	Home - Wittek Park - Derby [Directions]	3:45 p.m.		
Tue., 10/5	V Boys Cross Country	Naugatuck, Crosby	Home - Seymour High School [Directions]	3:30 p.m.		
Tue., 10/5	V Girls Cross Country	Watertown, Woodland, Kennedy, Wilby	Away - WOODLAND [Directions]	3:30 p.m.		
Wed., 10/6	V Boys Soccer	Ansonia	Home - Wittek Park - Derby [Directions]	4:00 p.m.		
Wed., 10/6	V Girls Soccer	Ansonia	Away - Chargers Field on Prindle Avenue [Directions]	3:45 p.m.	2:30 pm	
Fri., 10/8	V Football	Seymour	Away - Seymour High School	7:00 p.m.	5:15 pm	

- 107 Events Listed
- Sport(s): All
 - Level(s): V
 - Event Type(s): Game, Scrimmage, Postseason
 - Game Data On/Off: Alter: Today

Fri., 10/6	V Boys Soccer	Watertown		[Directions]	Away - Mills Complex- High School. [Directions]	4:00 p.m.	Yes
Fri., 10/6	V Girls Soccer	Watertown			Home - Witek Park- Derby [Directions]	3:45 p.m.	
Tue., 10/12	V Boys Cross Country	Woodland, Wolcott, St. Paul Catholic			Away - Woodland [Directions]	3:30 p.m.	2:15 p.m.
Tue., 10/12	V Boys Soccer	St. Paul Catholic			Away - St. Paul Catholic H.S. [Directions]	4:30 p.m.	2:30 pm
Tue., 10/12	V Girls Cross Country	Watertown, Neaghtuck, Holy Cross			Away - Veterans Park [Directions]	3:30 p.m.	
Tue., 10/12	V Girls Cross Country	Torrington, Kennedy, Crosby, Sacred Heart			Away - Torrington [Directions]	3:30 p.m.	
Tue., 10/12	V Girls Soccer	St. Paul Catholic			Home - Witek Park- Derby [Directions]	4:00 p.m.	
Fri., 10/16	V Football	Watertown			Home - Ryan Athletic Complex - DeFilippo Field Derby [Directions]	7:00 p.m.	
Fri., 10/16	V Girls Soccer	Wolcott			Away - Wolcott High School, Monroe Field [Directions]	6:30 p.m.	5:00 PM
Tue., 10/19	V Boys Soccer	Watertown			Home - Witek Park- Derby [Directions]	4:00 p.m.	
Tue., 10/19	V Girls Soccer	St. Paul Catholic			Away - Muzzy Field, Bristol [Directions]	6:30 p.m.	2:30 pm
Wed., 10/20	V Boys Cross Country	NVL Championships			Away - Veterans Park	TBA	tba
Wed., 10/20	V Girls Cross Country	NVL Championships			Away - Veterans Park		
Fri., 10/22	V Boys Cross Country	Novice Invitational			Away - Woodland	TBA	tba
Fri., 10/22	V Football	Wolcott			Away - Wolcott High School, Monroe Field [Directions]	7:00 p.m.	5:00 pm
Fri., 10/22	V Boys Soccer	Wolcott			Home - Witek Park- Derby [Directions]	4:00 p.m.	
Fri., 10/22	V Girls Cross Country	Novice Invitational			Away - Woodland		
Fri., 10/22	V Girls Soccer	Woodland			Away - Woodland Soccer Field [Directions]	3:30 p.m.	Yes
Mon., 10/25	V Boys Soccer	Torrington			Home - Derby - Witek Park [Directions]	4:00 p.m.	

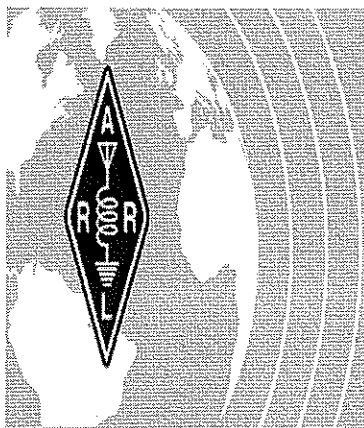
Wheeling and Able... Shelton Riverwalk Wheel/Walk for Fitness

Mon., 10/25	V Girls Soccer	Torrington	Away - Torrington HS [Directions]	6:00 p.m.	4:30 pm
Wed., 10/27	V Boys Soccer	Naugatuck	Away - Naugatuck High School [Directions]	6:00 p.m.	4:15 pm
Wed., 10/27	V Girls Soccer	Naugatuck	Home - Witek Park- Derby [Directions]	3:45 p.m.	
Thu., 10/28	V Girls Soccer	Bridgeport Central	Away - Kennedy Stadium [Directions]	6:30 p.m.	8:30 am
Fri., 10/29	V Football	Ansonia	Away - Nolan Field, Ansonia [Directions]	7:00 p.m.	5:30 pm
Sat., 10/30	V Boys Cross Country	Tournament Game - Opponent Not Known	Away - Wickham Park [Directions]	TBA	
Fri., 11/5	V Boys Cross Country	State Open	Away - Wickham Park [Directions]	TBA	t
Fri., 11/5	V Football	Wilby	Home - Ryan Athletic Complex - DeFilippo Field Derby [Directions]	7:00 p.m.	
Fri., 11/12	V Football	Crosby	Home - Ryan Athletic Complex - DeFilippo Field Derby [Directions]	7:00 p.m.	
Thu., 11/25	V Football	Shelton	Away - Shelton High School Finn Stadium [Directions]	10:30 a.m.	8:45 am
Sat., 11/27	V Girls Basketball	Amity (Scrim.)	Away [Directions]	10:30 a.m.	9:30 am
Mon., 11/28	V Girls Basketball	Joa Barlow (Scrim.)	Home - Derby High School Gymnasium [Directions]	4:30 p.m.	
Fri., 12/3	V Boys Basketball	North Branford (Scrim.)	Home - Derby High At Vitello Gymnasium [Directions]	4:30 p.m.	Yes
Sat., 12/4	V Boys Basketball	Piatt Tech (Scrim.)	Home - Derby High At Vitello Gymnasium [Directions]	1:00 p.m.	
Wed., 12/8	V Girls Basketball	Seymour	Away [Directions]	7:00 p.m.	
Fri., 12/10	V Boys Basketball	Vestbrook (Scrim.)	Away [Directions]	4:30 p.m.	2:30 pm
Fri., 12/10	V Girls Basketball	Watertown	Home - Derby High At Vitello Gymnasium [Directions]	7:00 p.m.	
Sat., 12/11	V Boys Basketball	Oxford (Scrim.)	Away [Directions]	9:00 p.m.	4:30 pm
Sat., 12/11	V Boys Swimming and Diving	N/L Indicationl	Away - Kennedy High [Directions]	3:00 p.m.	2:15
Tue., 12/14	V Girls Basketball	Holy Cross	Home - Derby High At Vitello Gymnasium [Directions]	7:00 p.m.	

Wed., 12/15	V Boys Basketball	Holy Cross	Away [Directions]	7:00 p.m.
Fri., 12/17	V Boys Basketball	Ansonia	Home - Derby High Al Vitello Gymnasium [Directions]	7:00 p.m.
Fri., 12/17	V Boys Swimming and Diving	Sacred Heart	Home - Seymour High School [Directions]	4:00 p.m.
Fri., 12/17	V Girls Basketball	Ansonia	Away [Directions]	7:00 p.m.
Tue., 12/21	V Boys Basketball	Wolcott	Away [Directions]	7:00 p.m.
Tue., 12/21	V Girls Basketball	Wolcott	Home - Derby High Al Vitello Gymnasium [Directions]	7:00 p.m.
Thu., 12/23	V Boys Basketball	Woodland	Home - Derby High Al Vitello Gymnasium [Directions]	7:00 p.m.
Thu., 12/23	V Girls Basketball	Woodland	Away [Directions]	7:00 p.m.
Tue., 12/28	V Boys Basketball	Torrington	Home - Derby High Al Vitello Gymnasium [Directions]	7:00 p.m.
Tue., 12/28	V Girls Basketball	Torrington	Away [Directions]	7:00 p.m.
Wed., 12/29	V Boys Swimming and Diving	Collegiat Invitational	Away - unknown	4:00 p.m. 3:00
Thu., 12/30	V Boys Basketball	St. Paul Catholic	Away [Directions]	7:00 p.m.
Thu., 12/30	V Girls Basketball	St. Paul Catholic	Home - Derby High Al Vitello Gymnasium [Directions]	7:00 p.m.
Tue., 1/4	V Boys Basketball	Kennedy	Home - Derby High Al Vitello Gymnasium [Directions]	7:00 p.m.
Tue., 1/4	V Boys Swimming and Diving	Naugatuck	Home - Seymour High School [Directions]	4:00 p.m.
Tue., 1/4	V Girls Basketball	Kennedy	Away [Directions]	7:00 p.m.
Fri., 1/7	V Boys Basketball	Naugatuck	Away [Directions]	7:00 p.m.
Fri., 1/7	V Girls Basketball	Naugatuck	Home - Derby High Al Vitello Gymnasium [Directions]	7:00 p.m.
Tue., 1/11	V Boys Basketball	Seymour	Away [Directions]	7:00 p.m.

Tue., 1/11	V Boys Swimming and Diving	Kennedy	Home - Seymour High School [Directions]	4:00 p.m.	
Tue., 1/11	V Girls Basketball	Seymour	Home - Derby High Al Viteallo Gymnasium [Directions]	7:00 p.m.	
Fri., 1/14	V Boys Basketball	Watertown	Home - Derby High Al Viteallo Gymnasium [Directions]	7:00 p.m.	
Fri., 1/14	V Boys Swimming and Diving	Masak	Away [Directions]	4:00 p.m.	2:15 P.M.
Fri., 1/14	V Girls Basketball	Watertown	Away [Directions]	7:00 p.m.	
Fri., 1/21	V Boys Basketball	Crosby	Away [Directions]	7:00 p.m.	
Fri., 1/21	V Girls Basketball	Crosby	Home - Derby High Al Viteallo Gymnasium [Directions]	7:00 p.m.	
Tue., 1/25	V Boys Basketball	Ansonia	Away [Directions]	7:00 p.m.	
Tue., 1/25	V Boys Swimming and Diving	Woodland	Away [Directions]	4:00 p.m.	2:30p.m.
Tue., 1/25	V Girls Basketball	Ansonia	Home - Derby High Al Viteallo Gymnasium [Directions]	7:00 p.m.	
Fri., 1/28	V Boys Basketball	Wolcott	Home - Derby High Al Viteallo Gymnasium [Directions]	7:00 p.m.	
Fri., 1/28	V Boys Swimming and Diving	Crosby	Home - Seymour High School [Directions]	4:00 p.m.	
Fri., 1/28	V Girls Basketball	Wolcott	Away [Directions]	7:00 p.m.	
Tue., 2/1	V Boys Basketball	Woodland	Away [Directions]	7:00 p.m.	
Tue., 2/1	V Girls Basketball	Woodland	Home - Derby High Al Viteallo Gymnasium [Directions]	7:00 p.m.	
Fri., 2/4	V Boys Basketball	Wilby	Away [Directions]	7:00 p.m.	
Fri., 2/4	V Girls Basketball	Wilby	Home - Derby High Al Viteallo Gymnasium [Directions]	7:00 p.m.	
Tue., 2/8	V Boys Basketball	St. Paul Catholic	Home - Derby High Al Viteallo Gymnasium [Directions]	7:00 p.m.	
Tue., 2/8	V Girls Basketball	St. Paul Catholic	Away [Directions]	7:00 p.m.	
Fri., 2/11	V Boys Basketball	Sacred Heart	Home - Derby High Al Viteallo Gymnasium	7:00 p.m.	

Fri., 2/11	V Boys Swimming and Diving	Watertown	Away [Directions]	7:00 p.m.	5:30p.m.
Fri., 2/11	V Girls Basketball	Sacred Heart	Away [Directions]	7:00 p.m.	
Tue., 2/15	V Boys Swimming and Diving	Holy Cross	Home - Seymour High School [Directions]	4:00 p.m.	
Thu., 2/17	V Girls Basketball	O'Brien Tech	Away [Directions]	6:00 p.m.	3:45 pm
Fri., 2/18	V Boys Basketball	Seymour	Home - Derby High Al Vitello Gymnasium [Directions]	7:00 p.m.	
Fri., 2/18	V Boys Swimming and Diving	Torrington	Away [Directions]	7:45 p. m.	6:00p.m.
Tue., 2/22	V Boys Basketball	Watertown	Away [Directions]	7:00 p.m.	
Fri., 2/26	V Boys Basketball	O'Brien Tech	Home - Derby High Al Vitello Gymnasium [Directions]	7:00 p.m.	
Tue., 3/1	V Boys Swimming and Diving	NVL trials	Away - Kennedy	4:00 p.m.	2:30p.m.
Wed., 3/2	V Boys Swimming and Diving	NVL diving	Away - Woodland	6:00 p.m.	1ba
Fri., 3/4	V Boys Swimming and Diving	NVL trials	Away - Kennedy	6:00 p.m.	4:30p.m.
Sat., 3/12	V Boys Swimming and Diving	Class s trials	Away - 1ba	TBA	1ba
Tue., 3/15	V Boys Swimming and Diving	Class S finale	Away	TBA	1ba
Sat., 3/19	V Boys Swimming and Diving	Tournament Game - Opponent Not Known	Away - 1ba	TBA	1ba



"Hello..."

*Celebrating 100 Years of
Voice over Radio Worldwide*

Hello Hi! Bonjour Hallo Γειά σου δραστυνιτε!
Guten Tag Howdy Katxo Ei Je Zdravajte Ni hao
Nazdar God dag Goedendag Hello Pavaa Bon-
jour Guten Tag Ka-
limerā Aloha Shalom
Nyobzoo Szia Selamat
pagi Biron giorno

Konichiwa Annyong ha
shimnikka Sekoh Dzień do-
bry Bom dia Buna zhuā

Zdravstvyite Hola Jambo
God dag Magandang tang-
halipō Merhaba Chao ong

Hello Bore da Hello Hi!
Bonjour Hallo Γειά σου Σε-
koh apacernynoi Guten Tag
Howdy Katxo Ei Je Zdravajte
Ni hao Nazdar God dag

Imagine...

Imagine sitting in your room
talking to people in distant lands,
Senators and seamen,
astronauts and architects

Imagine hearing world events
as they happen
Listening to far off places
with strange names

Imagine hearing a voice crackle
through the air calling you -
Come, talk, be a friend

It's your world out there...

Say **"Hello"**

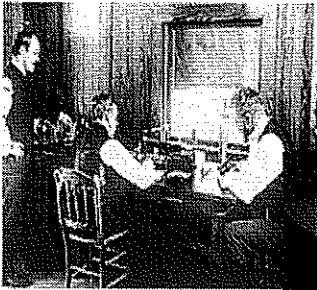
The First Voices

As a ten year old in 1876, Reginald Fessenden heard his uncle describe Alexander Graham Bell's miraculous accomplishment of sending the human voice over wires. With childlike wonder, Fessenden thought, "Why do they need wires?" ...

Early attempts at sending voices over the air were unintelligible, but on December 23, 1900 Fessenden made the first true voice contact by radio. He then began more experiments in voice transmissions and in 1906 Fessenden planned a surprise. On Christmas Eve, instead of using the usual dit-dah Morse Code, he was going to TALK to people on the radiol

At the appointed hour, radio operators all across the North Atlantic were shocked to hear a voice coming out from their radios.

After Fessenden's historic feat, thousands of inquisitive hobbyists began to experiment with this new fangled technology called Radio. They were, and are still, called "amateur" radio operators.



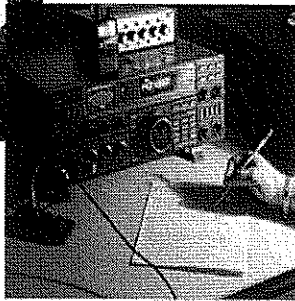
Commercial broadcasting didn't begin for another 14 years after Fessenden's historic Christmas Eve broadcast. They labored in attics, barns, garages and cellars to perfect what we now call

radio. But amateur radio operators have continued to be at the

forefront developing technologies years in advance of when they are rolled out to the public.

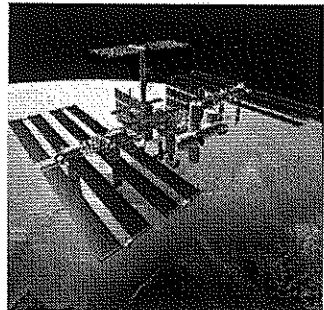
- * FM,
- * television,
- * cellular telephones
- * VOIP technologies

These were all used by amateur radio operators years ahead of the public. And you should see what the hams are doing today!



Who's the Typical Ham Radio Person Today?

Amateur Radio operators come from all walks of life -- movie stars, missionaries, doctors, students, politicians, truck drivers and just plain folks. They are all ages, sexes, income levels and nationalities. They say Hello to the world in many languages and many ways. But whether they prefer Morse code on an old brass telegraph key, voice communication, on a hand-held radio or computerized messages transmitted through satellites, they all have an interest in what's happening in the world, and they use radio to reach out.



It's YOUR world....say Hello to it!

What is Amateur Radio?

- * A housewife in North Carolina makes friends over the radio with another ham in Lithuania.
- * A teenager in Ohio uses his computer to upload a digital chess move to an orbiting space satellite, where it's retrieved by a fellow chess enthusiast in Japan.
- * An aircraft engineer in Florida participating in a "DX contest" swaps his call sign and talks to hams in 100 different countries during a single weekend.
- * In California, volunteers save lives as part of their involvement in an emergency response.
- * And from his room in Chicago, a ham's pocket-sized hand-held radio allows him to talk to friends in the Carolinas.

This unique mix of fun, public service and convenience is the distinguishing characteristic of Amateur Radio. Although hams get involved in the hobby for many reasons, they all have in common a curiosity to see how they can say Hello to other people over the airwaves.

Amateur Radio is the last place where an average person can, using just his own gear, talk freely across town or around the world to others.



What's the Appeal of Ham Radio?

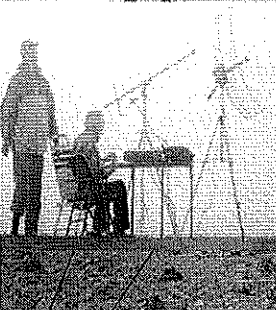
Some hams are attracted by the ability to communicate across the country, around the globe, or even with astronauts on space missions.

Others may like to build and experiment with electronics.

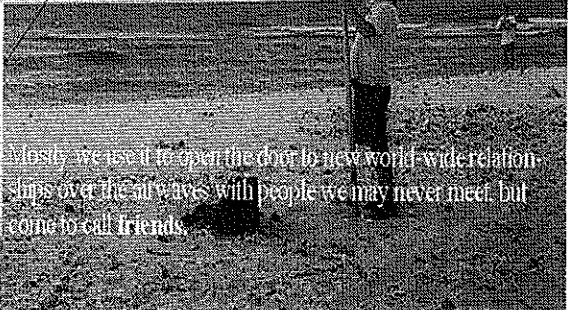
Computer hobbyists enjoy using Amateur Radio's digital communications opportunities.

Those with a competitive streak enjoy "DX contests," where the object is to see how many hams in distant locations they can contact.

Some like the convenience of a technology that gives them portable communication.



Mostly, we use it to open the door to new world-wide relationships over the airwaves with people we may never meet, but come to call friends.



Do I have to learn Morse Code?

Not any more. While many hams LIKE to use Morse code, it is not required for your entry level FCC license.

How much does it cost?

Basic study materials for passing the FCC test and getting your initial license usually cost less than \$40. There are also classes held by many local groups for people who want more interaction. If possible, taking part in one of these classes is the best way to go, but there's even an online course you can take if your personal schedule is erratic.

Once you have your first license, most hams find it best to start with simple equipment and grow over time. It usually costs less than \$200 to get your own first license and radio and start saying Hello!

What is the ARRL?



Founded in 1914, the 150,000-member American Radio Relay League is the national association for Amateur Radio in the USA. Other countries also have their own national associations. The ARRL is the primary source of information about what is going on in the ham radio world. It provides books, news, support and information for individuals and clubs, special operating events, all sorts of continuing education classes and other benefits for its members.

Being a member of the ARRL is important for hams!

Imagine...

For 100 years the magic of the human voice over RADIO has brought imaginations to life and opened a new era of man's ability to communicate with one another

It's YOUR world...

Get on the Radio and say, "*Hello*"...

To learn how, go to

www.Hello-Radio.org



Originally incorporated in 1789, Oxford is one of the fastest growing communities in the state. With nearly 33 square miles, Oxford has the largest land area of all the Valley towns. From picturesque rolling hills to a modern airport, Oxford celebrates a convenient central location along with wide-open spaces.

Due to its expansive countryside, dairy farming had long been Oxford's chief industry. Recently, however, the growth of Oxford's business and industrial base has taken off. Companies such as Xenon Architectural Lighting, Consulting, Engineering and Development Inc., B-United International, Collins Box Company, William Lynch & Sons, and

Polder Inc. have joined Zackin Publications, HI Stone Trucking & Construction Company, A&B Wood Designs, Macton Corporation, PRO-Scientific, Modern Metal Finishing and Connecticut Concrete Company in relocating to Oxford, adding to the town's business base of over 500 companies. In addition, RBC Bearings Company established its World Headquarters in Oxford, with plans for further expansion in the community.

With permission from the Greater Valley Chamber of Commerce

The Town of Oxford continues to benefit from increased economic development activity throughout its Industrial Zone. The Jack's Brook Industrial Park, a 23-acre development, is now at full occupancy, and the 290 acre Woodruff Hill Industrial Park and 340 acre Technology Park are in pre-development stages, with the potential to build out up to 1.5 million square feet of industrial space buffered by open space and campus environments. Add to these the Willenbrock Industrial Park, the Morse Road Industrial Park, and the Commerce Park, Oxford boasts an inventory of high-quality, shovel-ready properties served by the full complement of public utilities.

Other notable developments include Oxford Greens, a residential golfing community with several hundred homes surrounding an 18-hole championship golf course; and the continued expansion of the Waterbury-Oxford Regional Airport, which includes the construction of over 240,000 square feet of hangar and office facilities, expanded runways, a new control tower, and restaurant offering world class food and entertainment. Finally, the Oxford Regional Innovation Center is attracting new businesses to its new, reasonably priced, flex-space buildings, thereby enhancing regional economic development throughout the Valley through this small business incubation.

With a proactive volunteer Economic Development Commission, Oxford is a growing, vibrant community which recognizes that good planning, an expanded tax base, and sound management are necessary to achieve its goals. With this philosophy, it's no surprise that Oxford is "The Right Choice" for many companies and their employees.

Oxford 2010-11 Athletic Events Schedule

- 4-6 Events Listed
- Spaced: All
- Level(s): V
- Event Type: Co-Ed, Swimming, Postseason
- * Same Date On Other Year

[Go back]

Date	Sport	Opponent	VIA-Facility	Time/Result	Bus Time	Notes
Wed., 9/29	V Boys Cross Country	Immaculate, Masak, New Milford	Away - Immaculate [Directions]	4:30 p.m.	2:15p.m.	
Wed., 9/29	V Boys Soccer	Sacres Heart	Away - Bucks Hill Park [Directions]	3:45 p.m.	2:15p.m.	
Wed., 9/29	V Boys Soccer	Bunnell	Away - Bunnell Turf Field [Directions]	7:15 p.m.	5:00p.m.	
Wed., 9/29	V Girls Cross Country	Immaculate, Masak, New Milford	Away - Immaculate [Directions]	4:30 p.m.	Share with Boys	
Wed., 9/29	V Girls Soccer	Bunnell	Away - Bunnell Turf Field [Directions]	5:15 p.m.		
Wed., 9/29	V Girls Swimming and Diving	Pomperaug	Away [Directions]	4:00 p.m.	2:15 p.m.	
Wed., 9/29	V Girls Volleyball	New Fairfield	Home - OHS-Main Gym [Directions]	5:00 p.m.		
Wed., 9/29	Miscellaneous Events	Newtown Swimming	Home - OHS Pool [Directions]	4:30-6:00 p.m.		
Thu., 9/30	Miscellaneous Events	Newtown Swimming	Home - OHS Pool [Directions]	4:30-6:00 p.m.		
Fri., 10/1	V Boys Soccer	Kolbe Cathedral	Home - OHS Soccer Field [Directions]	3:45 p.m.		
Fri., 10/1	V Girls Soccer	Laurabon Hall	Away - Laurabon Hall Field [Directions]	3:45 p.m.	2:15 p.m.	
Fri., 10/1	V Girls Swimming and Diving	New Fairfield	Home - OHS Pool [Directions]	4:00 p.m.		
Fri., 10/1	V Girls Volleyball	Pomperaug	Away - PHS Main Gym [Directions]	5:00 p.m.	3:00 p.m.	
Sat., 10/2	V Boys Cross Country	Wilton Invitational	Away - Allen Meadows, Wilton	TBA	TBA	
Sat., 10/2	V Football	Stratford	Home - OHS Football Field [Directions]	1:00 p.m.		
Sat., 10/2	V Girls Cross Country	Wilton Invitational	Away	TBA		Share with Boys
Mon., 10/4	V Girls Volleyball	Stratford	Home - OHS-Main Gym [Directions]	8:00 p.m.		
Mon., 10/4	Miscellaneous Events	Newtown Swimming	Home - OHS Pool [Directions]	4:30-6:00 p.m.		
Tue., 10/5	V Boys Cross Country	Bethel, Brookfield	Away @ Bethel High School [Directions]	4:30 p.m.	2:15p.m.	
Tue., 10/5	V Boys Soccer	New Milford	Away - New Milford High School [Directions]	5:00 p.m.	2:15p.m.	
Tue., 10/5	V Girls Cross Country	Bethel, Laurabon Hall, Brookfield	Away - Bethel [Directions]	4:30 p.m.	Share with Boys	
Tue., 10/5	V Girls Soccer	New Milford	Home - OHS Soccer Field	3:45 p.m.		

Wheeling and Able... Shelton Riverwalk Wheel/Walk for Fitness

Tue., 10/5	V Girls Swimming and Diving	Veston	Away - Weston Middle School Pool (Directions)	4:00 p.m.	2:15 p.m.
Tue., 10/9	Miscellaneous Events	Newtown Swimming	Home - OHS Pool (Directions)	4:00 p.m.	
Wed., 10/6	V Girls Soccer	Immaculate	Away - Immaculate High School (Directions)	3:45 p.m.	2:15 p.m.
Wed., 10/6	V Girls Volleyball	Broadfield	Away (Directions)	7:00 p.m.	5:00 p.m.
Wed., 10/6	Miscellaneous Events	Newtown Swimming	Home - OHS Pool (Directions)	4:30-6:00 p.m.	
Wed., 10/6	Miscellaneous Events	College Fair	Home - OHS-Main Gym (Directions)	8:00 p.m.	
Thu., 10/7	V Boys Soccer	Immaculate	Home - OHS Soccer Field (Directions)	3:45 p.m.	
Thu., 10/7	Miscellaneous Events	Newtown Swimming	Home - OHS Pool (Directions)	4:30-6:00 p.m.	
Fri., 10/8	V Girls Swimming and Diving	New Milford	Home - OHS Pool (Directions)	4:00 p.m.	
Fri., 10/8	V Girls Volleyball	Lauralton Hall	Away - OHS-Main Gym (Directions)	6:00 p.m.	
Fri., 10/8	Miscellaneous Events	Newtown Swimming	Home - OHS Pool (Directions)	4:00 p.m.	
Sat., 10/9	V Boys Cross Country	William Ingham	Away - William Park, East Hartford (Directions)	TBA	TBA
Sat., 10/9	V Football	Newtown	Home - OHS Football Field (Directions)	3:00 p.m.	
Sat., 10/9	V Girls Cross Country	William Ingham	Away	TBA	Share with Boys
Mon., 10/11	V Girls Swimming and Diving	Stratford	Home - OHS Pool (Directions)	4:00 p.m.	
Tue., 10/12	V Boys Cross Country	Veston, Joe Barlow, Kelle Cathedral	Away - Veston High School (Directions)	4:30 p.m.	2:15 p.m.
Tue., 10/12	V Boys Soccer	Broadfield	Away - JRS Stadium Field (Directions)	7:00 p.m.	2:15 p.m.
Tue., 10/12	V Girls Cross Country	Veston, Joe Barlow, Kelle Cathedral	Away - Veston High School (Directions)	4:30 p.m.	
Tue., 10/12	V Girls Soccer	Broadfield	Home - OHS Soccer Field (Directions)	3:45 p.m.	
Tue., 10/12	V Girls Volleyball	Northweston	Home - OHS-Main Gym (Directions)	8:15 p.m.	
Tue., 10/12	Miscellaneous Events	Newtown Swimming	Home - OHS Pool (Directions)	4:30-6:00 p.m.	
Wed., 10/13	V Girls Swimming and Diving	Stimell	Away - Field Pool (Directions)	4:00 p.m.	2:15 p.m.
Wed., 10/13	V Girls Volleyball	Kelle Cathedral	Away	5:00 p.m.	3:00 p.m.
Thu., 10/14	V Girls Soccer	Woodland	Away - Woodland Soccer Field (Directions)	3:30 p.m.	2:15 p.m.
Thu., 10/14	Miscellaneous Events	Newtown Swimming	Home - OHS Pool (Directions)	4:30-6:00 p.m.	
Fri., 10/15	V Football	New Milford	Away (Directions)	7:00 p.m.	4:00 p.m.

Fri., 10/16	V Girls Volleyball	Notre Dame-Fairfield	Home - OHS-Main Gym (Directions)	6:30 p.m.	
Fri., 10/16	Miscellaneous Events	Newtown Swimming	Home - OHS Pool (Directions)	4:30-6:00 p.m.	
Mon., 10/18	V Girls Volleyball	Newtown	Home - OHS-Main Gym (Directions)	6:00 p.m.	
Mon., 10/18	Miscellaneous Events	Newtown Swimming	Home - OHS Pool (Directions)	4:30-6:00 p.m.	
Tue., 10/19	V Boys Soccer	Notre Dame-Fairfield	Home - OHS Soccer Field (Directions)	3:45 p.m.	
Tue., 10/19	V Girls Soccer	Notre Dame-Fairfield	Away - Park Avenue Field at Notre Dame (Directions)	3:45 p.m.	2:15 p.m.
Tue., 10/19	V Girls Swimming and Diving	Resist	Home - OHS Pool (Directions)	4:00 p.m.	
Tue., 10/19	Miscellaneous Events	Newtown Swimming	Home - OHS Pool (Directions)	7:30 p.m.	
Wed., 10/20	V Girls Volleyball	Northwestern	Away - Northwestern Gym (Directions)	5:15 p.m.	3:00 p.m.
Wed., 10/20	Miscellaneous Events	Newtown Swimming	Home - OHS Pool (Directions)	4:30-6:00 p.m.	
Thu., 10/21	V Boys Cross Country	SVC Championship	Away - Bethel High School	TBA	TEA
Thu., 10/21	V Boys Soccer	Pomperaug	Home - OHS Soccer Field (Directions)	3:45 p.m.	
Thu., 10/21	V Girls Cross Country	SVC Championship	Away - Bethel High School	TBA	Share with Boys
Thu., 10/21	V Girls Soccer	Pomperaug	Away - Sports Complex & Track (Directions)	3:45 p.m.	2:15 p.m.
Thu., 10/21	Miscellaneous Events	Newtown Swimming	Home - OHS Pool (Directions)	4:30-6:00 p.m.	
Fri., 10/22	V Girls Swimming and Diving	Joel Barlow	Away - Western Connecticut State University (Directions)	6:00 p.m.	2:15 p.m.
Fri., 10/22	V Girls Volleyball	Durham	Away - Funnell (Directions)	9:30 p.m.	Yes
Sat., 10/23	V Football	Notre Dame-Fairfield	Away - Sacred Heart University (Directions)	7:00 p.m.	4:30p.m.
Sat., 10/23	V Boys Soccer	Bethel	Home - OHS Soccer Field (Directions)	1:00 a.m.	
Sat., 10/23	V Girls Soccer	Bethel	Away - Bethel High School (Directions)	10:00 a.m.	2:15 p.m.
Mon., 10/25	V Boys Soccer	Stratford	Away - Traversers Field (Directions)	7:00 p.m.	2:15p.m.
Mon., 10/25	V Girls Soccer	Stratford	Home - OHS Soccer Field (Directions)	3:45 p.m.	
Mon., 10/26	V Girls Volleyball	New Britain	Away - New Britain High School (Directions)	5:00 p.m.	3:00 p.m.
Mon., 10/26	Miscellaneous Events	Newtown Swimming	Home - OHS Pool (Directions)	4:30-6:00 p.m.	
Tue., 10/26	V Girls Swimming and Diving	Brookfield	Home (Directions)	4:00 p.m.	2:15 p.m.

A request to make the following changes to the above event has been submitted by one of the schools involved, but has not yet been accepted by the other -
Change date to 10/26/16

Tue., 10/26	Miscellaneous Events	Newtown Swimming	Home - OHS Pool [Directors]	7:00 p.m.	
Wed., 10/27	V Girls Soccer	Storford	Away - Peters Field [Directors]	7:00 p.m.	2:15 p.m.
Wed., 10/27	V Girls Volleyball	Joel Barlow	Home - OHS-Main Gym [Directors]	8:00 p.m.	
Fri., 10/29	V Girls Volleyball	Bathel	Away - Bathel High School [Directors]	7:00 p.m.	3:00 p.m.
Sat., 10/30	V Boys Cross Country	CAC Class SS Championship	Away - Widdham Park - East Hartford [Directors]	10:45 a.m.	
Sat., 10/30	V Boys Cross Country	CAC Class S Championships	Away - Widdham Park, East Hartford	TBA	
Sat., 10/30	V Football	Immaculate	Home - OHS Football Field [Directors]	1:00 p.m.	
Sat., 10/30	V Girls Cross Country	CAC Class S Championship	Away - Widdham Park - East Hartford [Directors]	8:15 a.m.	
Fri., 11/05	V Boys Cross Country	CAC Open Championship	Away - Widdham Park - East Hartford [Directors]	2:00 p.m.	
Fri., 11/05	V Boys Cross Country	State Open	Away - Widdham Park, East Hartford	TBA	
Fri., 11/05	V Football	Masuk	Away - Masuk Stadium Field [Directors]	7:30 p.m.	6:00p.m.
Fri., 11/05	V Girls Cross Country	CAC Open Championship	Away - Widdham Park - East Hartford [Directors]	2:45 p.m.	
Fri., 11/12	V Girls Swimming and Diving	CAC Class S Diving Takeoffs	Away - Plainville HS [Directors]	5:30 p.m.	
Fri., 11/12	Miscellaneous Events	Red Cross Blood Drive	Home - OHS-Main Gym [Directors]	6:00 a.m.-1:00p.m.	
Sat., 11/12	V Boys Cross Country	New England Championship	Away - Thorford Academy - Thorford, VT [Directors]	TBA	
Sat., 11/13	V Football	Weston	Home - OHS Football Field [Directors]	1:00 p.m.	
Sat., 11/13	V Girls Cross Country	New England Championship	Away - Thorford Academy - Thorford, VT [Directors]	TBA	
Sat., 11/13	V Girls Swimming and Diving	CAC Class S Qualifying	Away - Plainville HS [Directors]	2:00 p.m.	
Tue., 11/16	V Girls Swimming and Diving	CAC Class S Finals	Away - SCU [Directors]	6:00 p.m.	
Fri., 11/19	V Girls Swimming and Diving	CAC Open Diving	Away - Hampden HS [Directors]	6:00 p.m.	
Sat., 11/20	V Girls Swimming and Diving	CAC Open Swimming	Away - Yale Univ. [Directors]	12:00 p.m.	
Wed., 11/24	V Football	Pompeaug	Away - Pomperaug Complex & Track [Directors]	7:00 p.m.	5:00p.m.
Wed., 12/18	V	Masuk	Home [Directors]	4:00 p.m.	
Fri., 12/17	V	Weston	Away [Directors]	4:00 p.m.	
Fri., 12/21	V	Joel Barlow	Home [Directors]	4:00 p.m.	
Tue., 12/21	V Boys Basketball	Joel Barlow	Home [Directors]	7:00 p.m.	
Tue., 12/21	V Girls Basketball	Storford	Away	7:00 p.m.	

Wheeling and Able... Shelton Riverwalk Wheel/Walk for Fitness

Thu, 12/23	V	New Milford	Away [Directions]	4:00 p.m.	
Thu, 12/23	V Girls Basketball	Brookfield	Home [Directions]	7:00 p.m.	
Tue, 12/28	V	New Fairfield	Home [Directions]	4:00 p.m.	
Tue, 1/4	V	Newtown	Away [Directions]	4:00 p.m.	
Tue, 1/4	V Boys Basketball	Brookfield	Home [Directions]	7:00 p.m.	
Tue, 1/4	V Girls Basketball	Home-Danville-Fairfield	Away [Directions]	7:00 p.m.	
Tue, 1/4	V Girls Gymnastics	New Milford, Nonnewaug	Away [Directions]	4:00 p.m.	TBA
Fri, 1/7	V Boys Basketball	New Fairfield	Home [Directions]	7:00 p.m.	
Fri, 1/7	V Girls Basketball	New Fairfield	Away [Directions]	7:00 p.m.	
Sat, 1/8	V Girls Gymnastics	Pomperaug (Involuntary)	Home - IHS Main Gym [Directions]	10:30 a.m.	
Mon, 1/10	V Girls Gymnastics	Woodliff, New Canaan, New Chanaan	Home - Auxiliary Gym [Directions]	6:00 p.m.	
Tue, 1/11	V	Barnell	Home [Directions]	4:00 p.m.	
Tue, 1/11	V Boys Basketball	Sethel	Away [Directions]	7:00 p.m.	
Tue, 1/11	V Girls Basketball	Stony	Home [Directions]	7:00 p.m.	
Thu, 1/13	V Girls Gymnastics	Staples, Nonnewaug	Away [Directions]	7:00 p.m.	
Fri, 1/14	V Boys Basketball	Watson	Away [Directions]	4:00 p.m.	TBA
Fri, 1/14	V Girls Basketball	Watson	Away [Directions]	7:00 p.m.	
Sat, 1/15	V Cheerleading	CRS Spirit Spectacular	Home - CRIS-Main Gym [Directions]	9:00 a.m.	
Tue, 1/18	V	Sethel	Away [Directions]	4:00 p.m.	
Tue, 1/18	V Boys Basketball	Stonford	Away [Directions]	7:00 p.m.	
Tue, 1/18	V Girls Basketball	Stonford	Home [Directions]	7:00 p.m.	
Fri, 1/21	V Boys Basketball	New Milford	Home [Directions]	7:00 p.m.	
Fri, 1/21	V Girls Basketball	New Milford	Away [Directions]	7:00 p.m.	
Mon, 1/24	V Girls Gymnastics	Fairfield-Warrior, Fairfield-Ludlowe, Nonnewaug	Home - Auxiliary Gym [Directions]	6:00 p.m.	
Tue, 1/26	V	Brookfield	Home [Directions]	4:00 p.m.	
Tue, 1/26	V Boys Basketball	Joel Barlow	Away [Directions]	7:00 p.m.	

Tue., 1/25	V Girls Basketball	Joel Barlow	Home [Directions]	7:00 p.m.	
Fri., 1/28	V Boys Basketball	Pomperaug	Away [Directions]	7:00 p.m.	
Fri., 1/28	V Girls Basketball	Pomperaug	Home [Directions]	7:00 p.m.	
Fri., 1/28	V Girls Gymnastics	Weston, Nonnewaug	Away [Directions]	5:00 p.m.	TBA
Sat., 1/29	V Girls Gymnastics	Darien, Nonnewaug	Away [Directions]	3:00 p.m.	TBA
Tue., 2/1	V	Pomperaug	Home [Directions]	7:00 p.m.	
Tue., 2/1	V Boys Basketball	Burnell	Home [Directions]	7:00 p.m.	
Tue., 2/1	V Girls Basketball	Burnell	Away [Directions]	7:00 p.m.	
Fri., 2/4	V Girls Basketball	Laurelton Hall	Home [Directions]	7:00 p.m.	
Fri., 2/4	V Girls Gymnastics	Greenwich, Nonnewaug	Away [Directions]	5:30 p.m.	TBA
Tue., 2/6	V Boys Basketball	Koibe Cathedral	Home [Directions]	7:00 p.m.	
Tue., 2/6	V Girls Basketball	Koibe Cathedral	Away [Directions]	7:30 p.m.	
Tue., 2/6	V Girls Gymnastics	Willon, Nonnewaug	Home - Auxiliary Gym [Directions]	6:00 p.m.	
Thu., 2/10	V Girls Gymnastics	SMD Tournament	Away	TBA	Site TBA
Fri., 2/11	V Boys Basketball	Navtown	Away [Directions]	7:30 p.m.	
Fri., 2/11	V Girls Basketball	Navtown	Home [Directions]	7:00 p.m.	
Mon., 2/14	V Girls Basketball	Masak	Away [Directions]	7:30 p.m.	
Tue., 2/15	V Boys Basketball	Masak	Home [Directions]	7:00 p.m.	
Tue., 2/15	V Girls Gymnastics	Trumbull, Nonnewaug	Home - Auxiliary Gym [Directions]	5:00 p.m.	
Wed., 2/16	V Girls Basketball	Immaculate	Away [Directions]	7:00 p.m.	
Fri., 2/18	V Boys Basketball	Immaculate	Home [Directions]	7:00 p.m.	
Mon., 2/21	V Boys Basketball	Brookfield	Away [Directions]	7:30 p.m.	
Wed., 2/23	V Boys Basketball	Notre Dame-Fairfield	Home [Directions]	7:00 p.m.	

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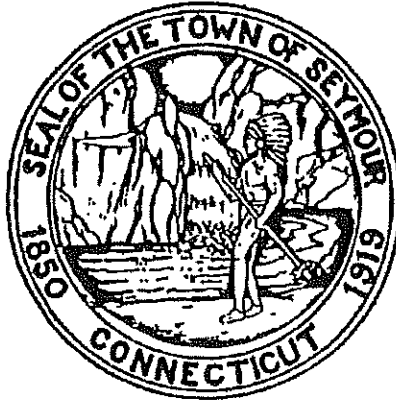
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Situated in the very heart of the Valley, Seymour is also one of the Valley's fastest growing communities with a population rise of 8% over the past decade to nearly 16,000 residents today. Bounded by the Housatonic River to the west and the towns of Woodbridge and Bethany to the east, Seymour is bisected by the vital Route 8 corridor and the Naugatuck River, which run parallel in a north-south direction, while state routes 67, 115, 313 and 334 criss-cross the community in all directions.

Business growth in Seymour has been centered along several retail corridors which include Derby Avenue, Route 67, and the downtown area. Industrial growth has occurred in scattered sites throughout the town, where companies such as Kerite Company and R&R Manufacturing are significant employers, and in the Silvermine Industrial Park where a diverse mix of companies have grown and prospered. These include Basement Systems, MicroBoard Processing Inc, Thule Car Rack Systems, H. George Caspari, and Xamax. In addition, Seymour-based Haynes Construction Company proposed a new 223-acre mixed-use industrial park along the Route 8 Corridor, which will offer prime commercial development opportunities and significant economic gains.

With permission from the Greater Valley Chamber of Commerce

One of Seymour's greatest assets is the charming downtown, complete with architecturally significant buildings that have been restored to their former grace, and streetscape amenities that encourage pedestrian traffic. A thriving arts and antiques district has emerged, adding to the ambience of the downtown shopping experience, with businesses such as Greenwich Workshop and Seymour Antiques creating a new destination of choice for art and antique aficionados.

Rounding out Seymour's diverse economic base is its thriving service sector with respected companies such as Seymour Oil Company and Shady Knoll Health Center, joined by the landmark catering facility The Inn at Villa Bianca, and restaurant Carousel Gardens by Candlelite to name a few.

Recently, the Economic Development Commission has undertaken a comprehensive economic development master plan that will guide Seymour's commercial and industrial growth for many years to come.

It's no mystery why Seymour is simply an excellent value. From root to tip, Seymour is pro-business, pro-education, and pro-family.

Seymour 2017-18 Athletic Events Schedule						
146 Events Listed • Sports: All • Events: Post Game, Sideline, Postgame, Postseason • Game Date On Or After Today						
Date	Sport	Opponent	H/A-Facility	Time/Result	Bus Time	Notes
Wed., 8/29	V Boys Soccer	Kennedy	Home - Seymour High School (Directions)	8:00 p.m.		
Wed., 8/29	V Girls Swimming and Diving	St. Paul Catholic	Home - Seymour High School (Directions)	4:00 p.m.		
Thu., 8/30	V Girls Soccer	Dorcy	Home - Seymour High Main Field (Directions)	8:00 p.m.		our non league game
Thu., 8/30	V Girls Volleyball	Naugatuck	Away - Naugatuck High School (Directions)	6:00 p.m.	3:15	
Fri., 8/31	V Boys Cross Country	Veterans Park Invitational	Away - Veterans Park (Directions)	TBA	L	
Fri., 8/31	V Football	Torrington	Home - Seymour High School (Directions)	7:00 p.m.		
Fri., 8/31	V Girls Cross Country	Veterans Park Invitational	Away - Veterans Park (Directions)	TBA	L	
Fri., 8/31	V Girls Soccer	St. Paul Catholic	Away - St. Paul Catholic H.S. (Directions)	4:00 p.m.	2:15 p.m.	
Fri., 8/31	V Girls Swimming and Diving	Naugatuck	Away - Naugatuck High School (Directions)	6:00 p.m.	4:15 PM	
Fri., 8/31	V Girls Volleyball	Holy Cross	Home - Seymour High School (Directions)	8:00 p.m.		
Sat., 8/31	V Boys Soccer	St. Paul Catholic	Home - Seymour High School (Directions)	8:00 p.m.		
Mon., 9/04	V Boys Soccer	Ashenolt	Away - Crossings Field on Prindle Avenue (Directions)	3:30 p.m.	2:15 P.M.	
Mon., 9/04	V Girls Soccer	Ashenolt	Home - Seymour High School (Directions)	6:00 p.m.		
Tue., 9/05	V Boys Cross Country	Naugatuck, Crosby	Home - Seymour High School (Directions)	3:00 p.m.		
Tue., 9/05	V Girls Cross Country	Naugatuck, Crosby	Home - Seymour High School (Directions)	3:00 p.m.		
Tue., 9/05	V Girls Volleyball	Woodland	Home - Seymour High School (Directions)	6:00 p.m.		
Wed., 9/05	V Boys Soccer	Holy Cross	Home - HCHS (Directions)	3:45 p.m.	2:15 PM	
Wed., 9/05	V Girls Soccer	Holy Cross	Home - Seymour High School (Directions)	8:00 p.m.		
Wed., 9/05	V Girls Swimming and Diving	Foxon	Home - Seymour High School (Directions)	4:00 p.m.		
Thu., 9/07	V Boys Soccer	Wilby	Home - Seymour High School (Directions)	6:00 p.m.		
Thu., 9/07	V Girls Volleyball	Waterston	Away - Waterston High (Directions)	6:45 p.m.	2:30 p.m.	

|| Go Back ||

Phi, 10/8	V Football	Derby/O'Brien Tech	Home - Seymour High School (Directions)	7:00 p.m.	
Phi, 10/8	V Girls Swimming and Diving	Storer Heat	Away - Kennedy High School Pool (Directions)	7:00 p.m.	5:15 p.m.
Phi, 10/8	V Girls Volleyball	Crosby	Home - Seymour High School (Directions)	6:00 p.m.	
Sec, 10/9	V Girls Soccer	Immaculate	Home - Seymour High Main Field (Directions)	6:00 p.m.	
Tue, 10/12	V Boys Cross Country	Woodland, Volokst, St. Paul Catholic	Away - Woodland (Directions)	3:30 p.m.	2:15 p.m.
Tue, 10/12	V Boys Soccer	Naugatuck	Away - Naugatuck High School (Directions)	6:00 p.m.	4:00p.m.
Tue, 10/12	V Girls Cross Country	Woodland, Volokst, St. Paul Catholic	Away - Woodland (Directions)	3:30 p.m.	2:15 p.m.
Tue, 10/12	V Girls Soccer	Naugatuck	Home - Seymour High School (Directions)	6:00 p.m.	
Wed, 10/13	V Girls Swimming and Diving	Woodland	Home - Seymour High School (Directions)	4:00 p.m.	
Wed, 10/13	V Girls Volleyball	Wilby	Away - Wilby H.S. (Directions)	6:00 p.m.	3:30
Phi, 10/15	V Football	New Canaan	Away - Dunning Stadium (Directions)	7:00 p.m.	4:15p.m.
Phi, 10/15	V Girls Soccer	Ansonia	Away - Changers Field on Prindle Avenue (Directions)	3:30 p.m.	2:16 PM
Phi, 10/15	V Girls Swimming and Diving	Shelton	Home - Seymour High School (Directions)	4:00 p.m.	
Phi, 10/15	V Girls Volleyball	Ansonia	Home - Seymour High School (Directions)	6:00 p.m.	
Sec, 10/15	V Boys Soccer	Wesley	Away - West Turf Field (Directions)	7:00 p.m.	3:30p.m.
Mon, 10/19	V Girls Swimming and Diving	St. Joseph	Home - Seymour High School (Directions)	4:00 p.m.	
Tue, 10/19	V Boys Soccer	Woodland	Away - Woodland Football Field (Directions)	8:30 p.m.	6:00p.m.
Tue, 10/19	V Girls Soccer	Woodland	Home - Seymour High School (Directions)	6:00 p.m.	
Tue, 10/19	V Girls Volleyball	Volokst	Away - John H. Morris Gymnasium, Volokst High School (Directions)	6:00 p.m.	2:30 p.m.
Wed, 10/20	V Boys Cross Country	NVL Championships	Away - Veterans Park	TBA	tsa
Wed, 10/20	V Girls Cross Country	NVL Championships	Away - Veterans Park	TBA	tsa
Wed, 10/20	V Girls Swimming and Diving	Torrington	Home - Seymour High School (Directions)	4:00 p.m.	
Thu, 10/21	V Girls Soccer	Waterdown	Home - Seymour High School (Directions)	6:00 p.m.	
Thu, 10/21	V Girls Volleyball	Torrington	Home - Seymour High School (Directions)	6:00 p.m.	
Phi, 10/22	V Boys Cross Country	Nerdes Invitational	Away - Woodland (Directions)	TBA	tsa
Phi, 10/22	V Football	Wilby	Home - Seymour High School (Directions)	7:00 p.m.	

Fri., 10/22	V Boys Soccer	Watertown	Away - Mills Complex- High School [Directions]	3:45 p.m.	2:15 pm
Fri., 10/22	V Girls Cross Country	Novice Invitational	Away - Woodfield	TBA	TBA
Fri., 10/22	V Girls Swimming and Diving	Suffield	Home - Seymour High School [Directions]	4:30 p.m.	
Fri., 10/22	V Girls Volleyball	Holy Cross	Away - KCHS [Directions]	6:00 p.m.	3:00 p.m.
Mon., 10/25	V Boys Soccer	Crosby	Away - Crosby HS [Directions]	3:45 p.m.	2:15 PM
Tue., 10/26	V Girls Volleyball	St. Paul Catholic	Home - Seymour High School [Directions]	6:00 p.m.	
Wed., 10/27	V Boys Soccer	Sacred Heart	Home - Seymour High School [Directions]	6:30 p.m.	
Wed., 10/27	V Girls Swimming and Diving	Watertown	Home - Seymour High School [Directions]	7:00 p.m.	
Thu., 10/28	V Girls Soccer	Sacred Heart	Away - Municipal Stadium [Directions]	6:30 p.m.	2:15 PM
Thu., 10/28	V Girls Volleyball	Woodland	Away - Woodland Gym [Directions]	6:00 p.m.	3:30 p.m.
Fri., 10/29	V Football	Crosby	Away - Crosby HS [Directions]	7:00 p.m.	5:30p.m.
Sat., 10/30	V Boys Cross Country	Tournament Game - Opponent Not Known	Away - Vidobahn Park	TBA	TBA
Sat., 10/30	V Girls Cross Country	Class Championships	Away - Vidobahn Park	TBA	TBA
Wed., 11/0	V Girls Swimming and Diving	NVL Trials	Away - Kennedy	4:00 p.m.	1:30p.m.
Fri., 11/5	V Boys Cross Country	State Open	Away - Vidobahn Park	TBA	†
Fri., 11/5	V Football	Wolcott	Home - Seymour High School [Directions]	7:00 p.m.	
Fri., 11/5	V Girls Cross Country	State Open	Away - Vidobahn Park	TBA	TBA
Sat., 11/6	V Girls Swimming and Diving	NVL Finals	Away - Kennedy	4:00 p.m.	2:00p.m.
Fri., 11/12	V Football	Anastasia	Away - Nichol Field, Anastasia [Directions]	7:00 p.m.	5:30p.m.
Sat., 11/13	V Girls Swimming and Diving	CIAC S Class Finals	Away - Plainville High School	2:00 p.m.	TBA
Tue., 11/16	V Girls Swimming and Diving	CIAC S Finals	Away - CCSU-New Haven	6:00 p.m.	3a
Sat., 11/20	V Girls Swimming and Diving	State Opens	Away - Yale University	12:00 p.m.	
Wed., 11/24	V Football	Woodland	Away - Woodland Football Field [Directions]	6:00 p.m.	4:30p.m.
Tue., 11/30	V Girls Basketball	Amity (Boys)	Away [Directions]	3:30 p.m.	3:00p.m.
Wed., 12/1	V Boys Basketball	Amity (Boys)	Away [Directions]	6:45 p.m.	4:45p.m.
Wed., 12/1	V Girls Basketball	Birby	Home - Seymour High School [Directions]	7:00 p.m.	

Fri., 12/10	V Girls Basketball	Woodland	Away [Directions]	7:00 p.m.	4:00 PM
Sat., 12/11	V Boys Swimming and Diving	NVL Invitational	Away - Kennedy High	3:00 p.m.	2:15
Tue., 12/14	V Girls Basketball	Wilby	Home - Seymour High School [Directions]	7:00 p.m.	
Wed., 12/15	V Boys Basketball	Wyby	Away [Directions]	7:30 p.m.	4:00p.m.
Wed., 12/15	V Wrestling	Thomason	Away [Directions]	6:30 p.m.	4:30p.m.
Wed., 12/15	V Girls Basketball	Oldid	Away [Directions]	7:00 p.m.	4:15 PM
Fri., 12/17	V Boys Basketball	Torrington	Away [Directions]	7:30 p.m.	3:45p.m.
Fri., 12/17	V Boy's Swimming and Diving	Sacred Heart	Home - Seymour High School [Directions]	4:00 p.m.	
Fri., 12/17	V Girls Basketball	Torrington	Home - Seymour High School [Directions]	7:00 p.m.	
Sat., 12/16	V Wrestling	Pomperaug Tournament	Away - Pomperaug	8:00 a.m.	7:15a.m.
Mon., 12/20	V Boys Basketball	St. Paul Catholic	Home - Seymour High School [Directions]	7:00 p.m.	
Tue., 12/21	V Wrestling	Haddam-Killingworth	Home - Seymour High School [Directions]	6:30 p.m.	
Tue., 12/21	V Girls Basketball	St. Paul Catholic	Away [Directions]	7:00 p.m.	3:30p.m.
Thu., 12/23	V Boys Basketball	Valestown	Away [Directions]	7:00 p.m.	4:00p.m.
Thu., 12/23	V Wrestling	Flat Top/West Haven	Away [Directions]	8:00 p.m.	4:15 PM
Thu., 12/23	V Girls Basketball	Watertown	Home - Seymour High School [Directions]	7:00 p.m.	
Mon., 12/27	V Wrestling	University/SASA	Away [Directions]	11:00 a.m.	8:45a.m.
Tue., 12/28	V Boys Basketball	Sacred Heart	Home - Seymour High School [Directions]	7:00 p.m.	
Tue., 12/28	V Girls Basketball	Sacred Heart	Away [Directions]	7:00 p.m.	4:00 PM
Wed., 12/29	V Boys Swimming and Diving	Collegiate Invitational	Away - unknown	4:00 p.m.	3:00
Thu., 12/30	V Boys Basketball	Wolcott	Home - Seymour High School [Directions]	7:00 p.m.	
Thu., 12/30	V Wrestling	Law Tournament	Away - Law High	9:30 a.m.	8:45a.m.
Thu., 12/30	V Girls Basketball	Wolcott	Away [Directions]	7:00 p.m.	3:30p.m.
Tue., 1/4	V Boys Basketball	Crosby	Away [Directions]	7:00 p.m.	4:00p.m.
Tue., 1/4	V Boys Swimming and Diving	Naugauck	Home - Seymour High School [Directions]	4:00 p.m.	
Tue., 1/4	V Girls Basketball	Crosby	Home - Seymour High School [Directions]	7:00 p.m.	

Wed., 115	V Wrestling	OSW	Away - Iba		8:00 p.m.	Iba
Fri., 117	V Boys Basketball	Andria	Away [Directions]		7:00 p.m.	4:15 PM
Fri., 117	V Girls Basketball	Anasita	Home - Seymour High School [Directions]		7:00 p.m.	
Sat., 118	V Wrestling	Darien Quad	Away - Darien High		10:30 a.m.	7:45 a.m.
Tue., 111	V Boys Basketball	Dorcy	Home - Seymour High School [Directions]		7:00 p.m.	
Tue., 111	V Boys Swimming and Diving	Kennedy	Home - Seymour High School [Directions]		4:00 p.m.	
Tue., 211	V Girls Basketball	Dorcy	Away [Directions]		7:00 p.m.	4:15 PM
Wed., 112	V Wrestling	Holy Cross	Home - Seymour High School [Directions]		6:30 p.m.	
Fri., 114	V Boys Basketball	Woodland	Away [Directions]		7:00 p.m.	4:15 PM
Fri., 114	V Boys Swimming and Diving	Mausk	Away [Directions]		4:00 p.m.	2:15 P.M.
Fri., 114	V Girls Basketball	Woodland	Home - Seymour High School [Directions]		7:00 p.m.	
Sat., 115	V Wrestling	Dorcy Quad	Away - Dorcy High		11:00 a.m.	8:00 a.m.
Wed., 119	V Wrestling	Morgan	Away [Directions]		8:00 p.m.	3:45 p.m.
Fri., 121	V Boys Basketball	Holy Cross	Home - Seymour High School [Directions]		7:00 p.m.	
Fri., 121	V Girls Basketball	Holy Cross	Away [Directions]		7:00 p.m.	4:00 PM
Sat., 122	V Wrestling	New Milford Tournament	Away - New Milford High		9:30 a.m.	6:15 a.m.
Tue., 125	V Boys Swimming and Diving	Woodland	Away [Directions]		4:00 p.m.	2:00 p.m.
Wed., 128	V Wrestling	Nonnewaug	Home - Seymour High School [Directions]		8:30 p.m.	
Fri., 128	V Boys Basketball	St. Paul Catholic	Away [Directions]		7:00 p.m.	3:30 p.m.
Fri., 128	V Boys Swimming and Diving	Crosby	Home - Seymour High School [Directions]		4:00 p.m.	
Fri., 128	V Girls Basketball	St. Paul Catholic	Home - Seymour High School [Directions]		7:00 p.m.	
Sat., 128	V Wrestling	Killingly Tournament	Away - Killingly High		TBA	tee
Tue., 21	V Boys Basketball	Waterdown	Home - Seymour High School [Directions]		7:00 p.m.	
Tue., 21	V Wrestling	Terryville	Away [Directions]		8:30 p.m.	4:15 PM
Tue., 21	V Girls Basketball	Waterdown	Away [Directions]		7:00 p.m.	3:45 p.m.
Fri., 214	V Boys Basketball	Naugluck	Home - Seymour High School [Directions]		7:00 p.m.	

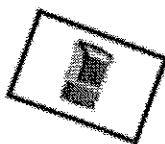
Fri., 2/4	V Girls Basketball	Naugahock	Away [Drexelans]	7:30 p.m.	4:00 PM
Sat., 2/5	V Wrestling	Seymour Tournament	Home - Seymour High School [Drexelans]	10:30 a.m.	
Mon., 2/7	V Boys Basketball	O'Brien Tech	Away [Drexelans]	7:50 p.m.	4:45p.m.
Tue., 2/8	V Boys Basketball	Volont	Away [Drexelans]	7:50 p.m.	4:00PM
Tue., 2/8	V Girls Basketball	Volcott	Home - Seymour High School [Drexelans]	7:40 p.m.	
Fri., 2/11	V Boys Basketball	Kennedy	Away [Drexelans]	7:50 p.m.	4:00p.m.
Fri., 2/11	V Boys Swimming and Diving	Watertown	Away [Drexelans]	7:50 p.m.	5:30p.m.
Fri., 2/11	V Girls Basketball	Kennedy	Home - Seymour High School [Drexelans]	7:40 p.m.	
Sat., 2/12	V Wrestling	Haddam Killingworth Tour.	Away - Haddam Killingworth High [Drexelans]	10:00 a.m.	7:00a.m.
Tue., 2/15	V Boys Basketball	Arzonita	Home - Seymour High School [Drexelans]	7:00 p.m.	
Tue., 2/15	V Boys Swimming and Diving	Holy Cross	Home - Seymour High School [Drexelans]	4:00 p.m.	
Tue., 2/15	V Girls Basketball	Arzonita	Away [Drexelans]	7:00 p.m.	4:00 PM
Fri., 2/18	V Boys Basketball	Derby	Away [Drexelans]	7:00 p.m.	4:15 P.M.
Fri., 2/18	V Boys Swimming and Diving	Torrington	Away [Drexelans]	7:45 p.m.	6:00p.m.
Tue., 2/22	V Boys Basketball	Woodland	Home - Seymour High School [Drexelans]	7:00 p.m.	
Tue., 3/1	V Boys Swimming and Diving	NVL trials	Away - Kennedy	4:00 p.m.	2:30p.m.
Wed., 3/2	V Boys Swimming and Diving	NVL diving	Away - Woodlud	8:00 p.m.	1a
Fri., 3/4	V Boys Swimming and Diving	NVL finals	Away - Kennedy	6:00 p.m.	4:30p.m.
Sat., 3/12	V Boys Swimming and Diving	Class 3 trials	Away - Iba	TBA	1a
Tue., 3/15	V Boys Swimming and Diving	Class 3 finals	Away	TBA	1a
Sat., 3/19	V Boys Swimming and Diving	Tournament Games - Opponent Not Known	Away - Iba	TBA	1a

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Over the past two and half decades, Fairfield County's eastern most city of Shelton has enjoyed a period of phenomenal commercial growth, balanced with an ambitious program of land conservation and farmland preservation. This emphasis on "balanced growth" has positioned Shelton as one of the most dynamic and desirable communities in the region, with a rich and diverse mix of industry, a competitive tax rate, and an abundance of natural resources for this community of nearly 40,000 residents to enjoy.

Strategically located at the confluence of an integrated highway system, the City boasts an abundance of affordable, attractive land for development, a comprehensive city plan, and a solid partnership between the public and private sectors that allows developers to "fast track" plans with established procedures. It's not surprising that hundreds of new businesses have been drawn to Shelton over the past several years.

Shelton is currently home to nearly 1,800 business establishments that employ approximately 22,000 people, a 37% increase over the approximately 16,000 employed in 1995.

With permission from the Greater Valley Chamber of Commerce

Among the City's major employers are national and global leaders such as, Barnum Financial Group an office of Met-Life, BIC Corporation, GEXPRO, GE Consumer Finance, Health Net of the Northeast, Perkin Elmer Life & Analytical Sciences, Pitney Bowes, Prudential Financial, and Sikorsky Aircraft. Other companies in the market includes member Cara Therapeutics, CDWG, Oce Imagistics Inc., and KENO Graphics, along with Outback Steakhouse and Hawley Lane Shoes. These companies, and many more like them, have clearly put Shelton on the map as one of the state's leading centers of economic influence.

Interspersed throughout Shelton's Corporate Corridors are thriving clusters of hotels, national and local retailers and restaurants, health care facilities, and state-of-the-art sport and recreational facilities. And just north of Shelton's growing corporate center is the downtown area, a compact and traditional commercial center that is undergoing a dramatic transformation thanks to the efforts of Shelton Economic Development Corporation, the new downtown Shelton Center Merchants Group and private developers. Downtown's signature project is a 10 acre former factory site on the Housatonic River, which is framed by a landscaped river walk, a Veterans Memorial, and a Connecticut Grown Farmers Market.

Shelton has carefully balanced its commercial growth with an ambitious program of land conservation and farmland preservation. During the past 10 years, more than 600 acres of open space has been acquired by the City, bringing the total to nearly 2,000 acres under municipal ownership.

Careful planning and prudent spending has brought Shelton to its present state, and will no doubt continue to build on its full potential as a prosperous and well-balanced community.

With permission from the Greater Valley Chamber of Commerce

Shelton 2010-11 Athletic Events Schedule

- 130 Events Listed
- Sports: All
- Levels: V
- Event Types: Game, Scrimmage, Postseason
- Game Date On Or After Today

[Go Back]

Date	Sport	Opponent	H/A Facility	Time/Result	Bus Time	Notes
Wed., 9/29	V Boys Cross Country	Sheehan, East Haven, Wilbur Cross	Home - Shelton High School Finn Stadium [Directions]	4:00 p.m.		
Wed., 9/29	V Boys Soccer	Jonathan Law	Away - Law Field [Directions]	5:30 p.m.	2:15 p.m.	
Wed., 9/29	V Girls Cross Country	Sheehan, East Haven, Wilbur Cross	Home - Shelton High School Finn Stadium [Directions]	4:00 p.m.		
Wed., 9/29	V Girls Soccer	Sheehan	Away - Riccioli Field [Directions]	3:45 p.m.	2:15 p.m.	
Wed., 9/29	V Girls Volleyball	Cheshire	Home - Shelton High School Murray Gymnasium [Directions]	7:00 p.m.		
Thu., 9/30	V Boys Soccer	Amity	Away - Amity High School - Field #3 [Directions]	3:45 p.m.	2:15 p.m.	
Fri., 10/1	V Football	Notre Dame-West Haven	Away - Veteran's Stadium [Directions]	7:00 p.m.	5:30 p.m.	
Fri., 10/1	V Girls Soccer	Guilford	Home - Shelton High School Finn Stadium [Directions]	7:30 p.m.		
Fri., 10/1	V Girls Volleyball	Sacred Heart Academy	Away - Sacred Heart Academy [Directions]	5:30 p.m.	4:00 p.m.	
Sat., 10/2	V Girls Cross Country	Greater Hartford Invitational	Away - Stanley Quarter Park, New Britain	11:40 a.m.	9:30 a.m.	
Mon., 10/4	V Boys Soccer	Sheehan	Home - Shelton High School Finn Stadium [Directions]	7:30 p.m.		
Mon., 10/4	V Girls Soccer	Lyman Hall	Away - Lyman Hall Soccer Field #1 [Directions]	3:45 p.m.	2:15 p.m.	
Mon., 10/4	V Girls Volleyball	Sheehan	Away - Sheehan HS Gymnasium [Directions]	5:15 p.m.	2:16 p.m.	
Tue., 10/5	V Boys Cross Country	Lyman Hall, Fern, Hillhouse	Away - Whetson Brook Park [Directions]	4:00 p.m.	2:15 p.m.	
Tue., 10/5	V Girls Cross Country	Lyman Hall, Fern, Hillhouse	Away - Whetson Brook Park [Directions]	4:00 p.m.	2:15 p.m.	
Tue., 10/5	V Girls Swimming and Diving	Sacred Heart Academy	Away - Wilbur Cross H.S. [Directions]	6:00 p.m.	2:15 p.m.	
Wed., 10/6	V Boys Soccer	Lyman Hall	Away - Soccer Field #1 [Directions]	3:45 p.m.	2:15 p.m.	
Wed., 10/6	V Girls Soccer	Cheshire	Home - Shelton High School Finn Stadium [Directions]	7:30 p.m.		

Wed., 10/6	V Girls Volleyball	Lyman Hall	Home - Shelton High School Murray Gymnasium [Directions]	7:00 p.m.	
Fri., 10/8	V Football	Hamden	Home - Shelton High School Finn Stadium [Directions]	7:00 p.m.	
Fri., 10/8	V Boys Soccer	Wilbur Cross	Away - Rice Field [Directions]	3:45 p.m.	2:15 p.m.
Fri., 10/8	V Girls Swimming and Diving	Mercy	Home - Shelton Community Center Pool [Directions]	4:00 p.m.	
Fri., 10/8	V Girls Volleyball	Jonathan Law	Away - Law Gym [Directions]	8:15 p.m.	2:15 p.m.
Sat., 10/9	V Boys Cross Country	Wickham Invitational	Away	10:00 a.m.	7:45 a.m.
Sat., 10/9	V Girls Soccer	North Haven	Home - Shelton High School Finn Stadium [Directions]	7:30 p.m.	
Tue., 10/12	V Boys Cross Country	Amity, Cheshire	Home - Shelton High School Finn Stadium [Directions]	4:00 p.m.	
Tue., 10/12	V Girls Cross Country	Amity, Cheshire	Home - Shelton High School Finn Stadium [Directions]	4:00 p.m.	
Tue., 10/12	V Girls Soccer	West Haven	Away - WHHS-Kan Strong Stadium [Directions]	7:30 p.m.	4:00 p.m.
Wed., 10/13	V Boys Soccer	Notre Dame-West Haven	Home - Shelton High School Finn Stadium [Directions]	7:30 p.m.	
Wed., 10/13	V Girls Volleyball	Amity	Home - Shelton High School Murray Gymnasium [Directions]	7:00 p.m.	
Fri., 10/15	V Football	Gulford	Away - Kavanaugh Turf Field at GHS [Directions]	7:00 p.m.	5:00 p.m.
Fri., 10/15	V Boys Soccer	Cheshire	Away - Cheshire High School soccer field [Directions]	3:45 p.m.	6:00 p.m.
Fri., 10/15	V Girls Soccer	Amity	Home - Shelton High School Finn Stadium [Directions]	7:30 p.m.	
Fri., 10/15	V Girls Swimming and Diving	Seymour	Away - Seymour High School [Directions]	4:00 p.m.	2:15 p.m.
Fri., 10/15	V Girls Volleyball	Daniel Hand	Home - Shelton High School Murray Gymnasium [Directions]	7:00 p.m.	
Sat., 10/16	V Girls Cross Country	Nonesuch Invitational	Away	10:00 a.m.	7:45 a.m.
Mon., 10/18	V Girls Soccer	Sheehan	Home - Shelton High School Finn Stadium [Directions]	7:30 p.m.	
Mon., 10/18	V Girls Volleyball	Cheshire	Away - Cheshire High West Gym [Directions]	8:30 p.m.	4:00 p.m.
Tue., 10/19	V Boys Soccer	Jonathan Law	Home - Shelton High School Finn Stadium [Directions]	7:30 p.m.	
Tue., 10/19	V Girls Swimming and Diving	Cheshire	Away - Cheshire Community pool [Directions]	4:00 p.m.	2:15 p.m.
Wed., 10/20	V Girls Volleyball	Sheehan	Home - Shelton High School Murray Gymnasium [Directions]	7:00 p.m.	

Wheeling and Able... Shelton Riverwalk Wheel/Walk for Fitness

Thu., 10/21	V Boys Cross Country	SCC Championship	Away - Hammonasset State Park - Madison	1:00 p.m.	1:00 a.m.
Thu., 10/21	V Girls Cross Country	SCC Championship	Away - Hammonasset State Park - Madison	1:00 p.m.	1:00 a.m.
Fri., 10/22	V Football	Xavier	Away - Palmer Field [Directions]	7:00 p.m.	8:00 p.m.
Fri., 10/22	V Boys Soccer	Amity	Home - Shelton High School Finn Stadium [Directions]	7:00 p.m.	
Fri., 10/22	V Girls Soccer	Gulford	Away - Bliker Park - Guilford [Directions]	7:00 p.m.	3:00 p.m.
Fri., 10/22	V Girls Swimming and Diving	Branford	Home - Shelton Community Center Pool [Directions]	4:00 p.m.	
Fri., 10/22	V Girls Volleyball	Lyman Hall	Away - Lyman Hall High School Gymnasium [Directions]	5:30 p.m.	3:00 p.m.
Mon., 10/23	V Boys Soccer	Sheehin	Away - Ritchell Field [Directions]	3:45 p.m.	2:15 p.m.
Mon., 10/23	V Girls Soccer	Lyman Hall	Home - Shelton High School Finn Stadium [Directions]	7:30 p.m.	
Mon., 10/23	V Girls Volleyball	Mercy	Away - Mercy [Directions]	8:15 p.m.	2:15 p.m.
Tue., 10/24	V Boys Cross Country	Shelton J.V. Invitational	Home - Shelton High School Finn Stadium [Directions]	3:30 p.m.	
Tue., 10/24	V Girls Cross Country	Shelton J.V. Invitational	Home - Shelton High School Finn Stadium [Directions]	3:30 p.m.	
Tue., 10/24	V Girls Swimming and Diving	Amity	Away - High Plains Community Center Pool - Orange [Directions]	7:30 p.m.	5:30 p.m.
Wed., 10/27	V Boys Soccer	Lyman Hall	Home - Shelton High School Finn Stadium [Directions]	7:30 p.m.	
Wed., 10/27	V Girls Soccer	Cheshire	Away - Cheshire High Main Game field [Directions]	6:00 p.m.	4:30 p.m.
Wed., 10/27	V Girls Volleyball	Wilbur Cross	Away - Wilbur Cross High School Gym [Directions]	8:15 p.m.	2:15 p.m.
Fri., 10/29	V Football	Amity	Home - Shelton High School Finn Stadium [Directions]	7:00 p.m.	
Fri., 10/29	V Girls Soccer	Mercy	Away - Mercy [Directions]	3:45 p.m.	2:15 p.m.
Fri., 10/29	V Girls Swimming and Diving	Hunter College Prep, NYC	Home - Shelton Community Center Pool [Directions]	4:00 p.m.	
Fri., 10/29	V Girls Volleyball	Sacred Heart Academy	Home - Shelton High School Murry Gymnasium [Directions]	7:00 p.m.	
Sat., 10/30	V Boys Cross Country	Class LL Championship	Away - Wickham Park - Manchester	1:00 p.m.	11:00 a.m.
Sat., 10/30	V Boys Soccer	Fairfield Prep	Home - Shelton High School Finn Stadium [Directions]	7:30 p.m.	
Sat., 10/30	V Girls Cross Country	Class LL Championship	Away - Wickham Park - Manchester	1:00 p.m.	11:00 a.m.

Wheeling and Able... Shelton Riverwalk Wheel/Walk for Fitness

Fri., 11/5	V Boys Cross Country	CIAC Open Championship	Away - Wickham Park - Manchester	1:00 p.m.	11:00 a.m.
Fri., 11/5	V Football	Fairfield Prep	Away - Alumni Field, Fairfield University [Directions]	6:00 p.m.	4:00 p.m.
Fri., 11/5	V Girls Cross Country	CIAC Open Championship	Away - Wickham Park - Manchester	1:00 p.m.	11:00 a.m.
Fri., 11/12	V Football	Chester	Away - Chester High Main Game field [Directions]	7:00 p.m.	5:00 p.m.
Sat., 11/13	V Boys Cross Country	New England Championship	Away - Theford, VT	TBA	TBA
Sat., 11/13	V Girls Cross Country	New England Championship	Away - Theford, VT	TBA	TBA
Thu., 11/25	V Football	Derby/O'Brien Tech	Home - Shelton High School Finn Stadium [Directions]	10:30 a.m.	
Wed., 12/8	V Girls Basketball	East Haven	Away [Directions]	7:00 p.m.	4:00 p.m.
Fri., 12/10	V Girls Basketball	Hamden	Away [Directions]	7:00 p.m.	4:00 p.m.
Tue., 12/14	V Girls Basketball	Foran	Home - Shelton High School Murray Gymnasium [Directions]	7:00 p.m.	
Wed., 12/15	V Boys Basketball	Notre Dame-West Haven	Home - Shelton High School Murray Gymnasium [Directions]	7:00 p.m.	
Thu., 12/16	V Boys Swimming and Diving	Fairfield Prep	Home - Shelton Community Center Pool [Directions]	4:00 p.m.	
Thu., 12/16	V Wrestling	East Haven	Away [Directions]		
Fri., 12/17	V Boys Basketball	Foran	Away [Directions]	7:00 p.m.	4:00 p.m.
Fri., 12/17	V Girls Basketball	Daniel Hand	Home - Shelton High School Murray Gymnasium [Directions]	7:00 p.m.	
Tue., 12/21	V Boys Basketball	West Haven	Home - Shelton High School Murray Gymnasium [Directions]	7:00 p.m.	
Tue., 12/21	V Boys Swimming and Diving	Chester	Away [Directions]	4:00 p.m.	2:15 p.m.
Tue., 12/21	V Girls Basketball	West Haven	Away [Directions]	7:00 p.m.	4:00 p.m.
Wed., 12/22	V Wrestling	Fairfield Prep	Home [Directions]		
Mon., 12/27	V Girls Basketball	Burrill	Home - Shelton High School Murray Gymnasium [Directions]	7:00 p.m.	
Tue., 12/28	V Boys Swimming and Diving	Brantford	Home - Shelton Community Center Pool [Directions]	3:30 p.m.	
Wed., 12/29	V Wrestling	New Haven Wrestling	Away [Directions]		
Wed., 12/29	V Girls Basketball	Shelton Christmas Tournament	Home - Shelton High School Murray Gymnasium [Directions]	7:00 p.m.	

Wheeling and Able... Shelton Riverwalk Wheel/Walk for Fitness

Tue., 1/4	V Boys Basketball	Sheehan	Home - Shelton High School Murray Gymnasium [Directions]	7:00 p.m.	
Tue., 1/4	V Boys Swimming and Diving	Xavier	Away [Directions]	4:00 p.m.	2:15 p.m.
Tue., 1/4	V Girls Basketball	Sheehan	Away [Directions]	7:00 p.m.	4:00 p.m.
Wed., 1/6	V Wrestling	Foran	Home [Directions]		
Fri., 1/7	V Boys Basketball	Lyman Hill	Away [Directions]	7:00 p.m.	4:00 p.m.
Fri., 1/7	V Girls Basketball	Lyman Hill	Home - Shelton High School Murray Gymnasium [Directions]	7:00 p.m.	
Tue., 1/11	V Boys Basketball	Gullford	Home - Shelton High School Murray Gymnasium [Directions]	7:00 p.m.	
Tue., 1/11	V Boys Swimming and Diving	Lyman Hill	Away [Directions]	4:00 p.m.	2:15 p.m.
Tue., 1/11	V Girls Basketball	Daniel Hand	Away [Directions]	7:00 p.m.	4:00 p.m.
Wed., 1/12	V Wrestling	Jonathan Law	Home [Directions]		
Fri., 1/14	V Boys Basketball	Cheahle	Home - Shelton High School Murray Gymnasium [Directions]	7:00 p.m.	
Fri., 1/14	V Girls Basketball	Cheahle	Away [Directions]	7:00 p.m.	4:00 p.m.
Tue., 1/16	V Boys Basketball	Bradford	Away [Directions]	7:00 p.m.	4:00 p.m.
Tue., 1/18	V Boys Swimming and Diving	Daniel Hand	Home - Shelton Community Center Pool [Directions]	3:30 p.m.	
Tue., 1/18	V Girls Basketball	East Haven	Home - Shelton High School Murray Gymnasium [Directions]	7:00 p.m.	
Wed., 1/19	V Wrestling	Amity	Away [Directions]		
Fri., 1/21	V Boys Basketball	Amity	Away [Directions]	7:00 p.m.	4:00 p.m.
Fri., 1/21	V Boys Swimming and Diving	Masuk	Home - Shelton Community Center Pool [Directions]	4:00 p.m.	
Fri., 1/21	V Girls Basketball	Amity	Home - Shelton High School Murray Gymnasium [Directions]	7:00 p.m.	
Tue., 1/25	V Boys Basketball	West Haven	Away [Directions]	7:00 p.m.	4:00 p.m.
Tue., 1/25	V Boys Swimming and Diving	Sheehan	Home - Shelton Community Center Pool [Directions]	3:30 p.m.	
Wed., 1/26	V Wrestling	Xavier	Home [Directions]		
Fri., 1/28	V Boys Basketball	Sheehan	Away [Directions]	7:00 p.m.	4:00 p.m.

Fri., 1/23	V Girls Basketball	Sheehan	Home - Shelton High School Murray Gymnasium [Directions]	7:30 p.m.
Mon., 1/31	V Boys Basketball	Lyman Hall	Home - Shelton High School Murray Gymnasium [Directions]	7:30 p.m.
Mon., 1/31	V Girls Basketball	Lyman Hall	Away [Directions]	7:30 p.m. 4:00 p.m.
Tue., 2/1	V Boys Swimming and Diving	North Haven/North Branford	Away [Directions]	4:00 p.m. 2:15 p.m.
Tue., 2/1	V Wrestling	Daniel Hand	Away [Directions]	
Wed., 2/2	V Girls Basketball	West Haven	Home - Shelton High School Murray Gymnasium [Directions]	7:30 p.m.
Fri., 2/4	V Boys Basketball	Cheehira	Away [Directions]	7:30 p.m. 4:00 p.m.
Fri., 2/4	V Girls Basketball	Cheehira	Home - Shelton High School Murray Gymnasium [Directions]	7:30 p.m.
Tue., 2/8	V Boys Basketball	Amity	Home - Shelton High School Murray Gymnasium [Directions]	7:30 p.m.
Tue., 2/8	V Boys Swimming and Diving	Foran	Home - Shelton Community Center Pool [Directions]	3:30 p.m.
Tue., 2/8	V Girls Basketball	Amity	Away [Directions]	7:30 p.m. 4:00 p.m.
Wed., 2/9	V Wrestling	Gulford	Away [Directions]	
Thu., 2/10	V Girls Basketball	Hamden	Home - Shelton High School Murray Gymnasium [Directions]	7:30 p.m.
Fri., 2/11	V Boys Basketball	Gulford	Away [Directions]	7:30 p.m. 4:00 p.m.
Mon., 2/14	V Girls Basketball	Foran	Away [Directions]	7:30 p.m. 4:00 p.m.
Tue., 2/15	V Boys Basketball	Branford	Home - Shelton High School Murray Gymnasium [Directions]	7:30 p.m.
Tue., 2/15	V Boys Swimming and Diving	Jonathan Law	Home - Shelton Community Center Pool [Directions]	3:30 p.m.
Fri., 2/18	V Boys Basketball	Notre Dame-West Haven	Away [Directions]	7:00 p.m. 4:00 p.m.
Mon., 2/21	V Boys Basketball	Foran	Home - Shelton High School Murray Gymnasium [Directions]	7:00 p.m.
Tue., 2/22	V Boys Swimming and Diving	West Haven	Away [Directions]	4:00 p.m. 2:15 p.m.

The 5D's of Self-Defense



DECIDE



DETER



DISRUPT



DISENGAGE



DEBRIEF

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DECIDE

Decide not to be a victim
 Use preparation and planning prior to an act of aggression.
 Learn about criminal behavior.
 Train to respond
 Practice avoidance and risk reduction. Acknowledge the existence of risk. Make and follow a safety plan. Take a Self-defense class.

DETER

Deter and prevent an act of aggression. Learn how to deescalate a confrontation.
 Project confidence with body language. Be assertive.
 Detect danger. Practice situational awareness.
 Respond to the warnings of intuition. Create safety zones.
 Utilize boundary setting. Deter when necessary. Build readiness.

DISRUPT

Disrupt the aggressor.
 Respond to the trigger to act. Follow his or her plans.
 Apply verbal and/or physical techniques to disrupt the attacker.
 Use tactics such as the employment of weapons of opportunity.
 Execute a decisive strategy.
 Attack the attacker.
 Utilize any means available.
 Create the *Opportunity to Escape*.

DISENGAGE

Disengage and get away from the aggressor. Respond to the *Opportunity to Escape*.
 Create an exit strategy.
 Cause the aggressor to break off his actions. Evade and escape.
 Terminate the aggressor's ability to engage and cause harm.
 Don't corner the aggressor.
 Fly to safety. Get out of there.

DEBRIEF

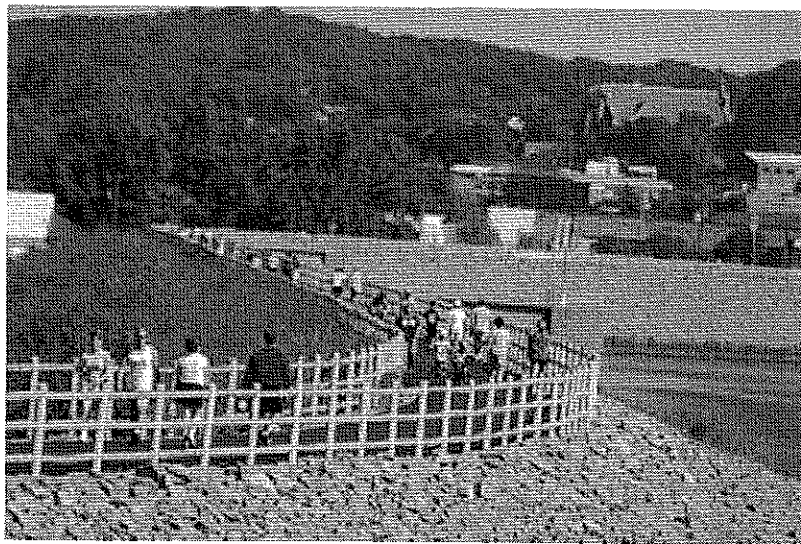
Debrief and discuss the consequences of aggression. Preserve evidence. Reduce the after-effects. Promote physical and emotional healing.
 Go to the police. Get legal advice. Seek support and assistance. Learn resilience.

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Use This Chart To Calculate Your Body Mass Index

Normal Weight (18.5 - 24.9)																		
Overweight (25 - 29.9)																		
Obesity (>= 30)																		
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	
Height cms (inches)	Body Weight (pounds)																	
58" (4'10")	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	
59" (4'11")	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	
60" (5')	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	
61" (5'1")	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	
62" (5'2")	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	
63" (5'3")	107	113	118	124	130	136	141	146	152	158	163	169	175	180	186	191	197	
64" (5'4")	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	
65" (5'5")	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	
66" (5'6")	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	
67" (5'7")	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	
68" (5'8")	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	
69" (5'9")	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	
70" (5'10")	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	
71" (5'11")	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	
72" (6')	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	
73" (6'1")	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	266	
74" (6'2")	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	
75" (6'3")	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	
76" (6'4")	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	

Welcome to the Valley Fitness Challenge



Everyone is enjoying the new Derby Greenway!

Join your neighbors and friends in creating a healthier community. The Valley Fitness Challenge is a collaborative effort of elementary school students in Derby, the Irving School PTO, The Electronic Valley, the Derby Parks & Rec Commission, Valley United Way, and the Yale/Griffin Prevention Research Center. By participating in this program you can:

- Improve your personal health and fitness.
- Track fitness activities and miles.
- Contribute to the overall health of your community.
- Help establish correlations between exercise and community health.

This program is an outgrowth of a challenge originally issued by students at Irving and Bradley Schools in Derby to city employees but now expanded to the rest of the community. The challenge is quite simple. The students expect everyone to walk at least 10,000 steps a day! Through the work of their physical education teacher, Paula Ferrara, they have developed their own walking program to

The students have been measuring their own progress by wearing pedometers to count each of their steps. Teachers and parents have also joined in the fun, and now it's your turn! We are going to make it easy for you to keep track of your progress on this interactive website. All you have to do is register to get your personal (and confidential) page where you can track your own efforts. The questions have been designed by the nationally renowned Yale/Griffin Prevention Research Center and will allow you to track your progress in winning the battle of the bulge and building a healthier life style.

Wheeling and Able... Shelton Riverwalk Wheel/ Walk for Fitness **My Vital Signs**

Date: 10-03-2010

Blood Pressure

Before Walk

___/___

Completed Rounds _____

Blood Pressure

After Walk

___/___

Body

Mass Index

Date: _____

Blood Pressure

Before Walk

___/___

Completed Rounds _____

Blood Pressure

After Walk

___/___

Body

Mass Index

Date: _____

Blood Pressure

Before Walk

___/___

Completed Rounds _____

Blood Pressure

After Walk

___/___

Body

Mass Index

Date: _____

Blood Pressure

Before Walk

___/___

Completed Rounds _____

Blood Pressure

After Walk

___/___

Body

Mass Index

Date: _____

Blood Pressure

Before Walk

___/___

Completed Rounds _____

Blood Pressure

After Walk

___/___

Body

Mass Index

If you completed the page Congratulations!!!
You Are on Your Way to Good Health.

METRO TAXI IS PROUD TO OFFER CONNECTICUT'S FIRST WHEELCHAIR ACCESSIBLE TAXI!

**IN FACT, WE'RE THE DRIVING FORCE BEHIND THE
NEWLY-PASSED LEGISLATION THAT PERMITTED
WHEELCHAIR ACCESSIBLE TAXICABS
IN CONNECTICUT ON OCTOBER 1, 2009.**



Presently, METRO ACCESS is servicing customers who use wheelchairs and scooters in 13 towns and cities in the Greater New Haven area 24/7 with only one wheelchair-accessible taxi! Our drivers have additional training and earn Metro Taxi's requisite customer service ethics qualifications.

Coming soon...

Metro Taxi and Yellow Cab of Hartford have partnered to expand wheelchair accessible taxi availability in CT! We hope to provide service in the Hartford, New Haven, Middlesex and Fairfield counties and are awaiting DOT approval.

We need your support!

Contact us at...

www.metrotaxict.com



Hello Everyone,

As the Riverwalk Wheel/Walk Chairman for this year's event I would like to thank our sponsors: Aero Innovative Research Inc., AIR our Silver Sponsor; Obie Harrington-Howes Foundation and Advanced Wheels of Technology Inc. our Bronze Sponsors. Also, please consider patronizing the businesses who have placed ads in this event booklet.

A very special thank you goes to each of the Mayors and First Selectmen of Ansonia, Beacon Falls, Derby, Oxford, Seymour, and Shelton for coming together in support of this event by signing and presenting the proclamation which is on the back cover. They have all been given a framed proclamation which can be viewed at their respective City or Town Hall.

If you have friends or relatives who you would like to share the event booklet with, each City and Town will be given some copies for distribution.

Thank you all for attending. It has been our pleasure to host the event and we hope to see you all again at next year's event.

All The Best!!!

Todd A. Johnston
Riverwalk Wheel/Walk Chairman

PROCLAMATION

WHEREAS, October 3, 2010 marks the first steps to bringing wellness into life; and

WHEREAS, regular physical activity has curative and protective health benefits; and

WHEREAS, the health benefits of physical activity can improve the quality of life for everyone; and

WHEREAS, a healthier populace means long-term cost savings for our society at large; and

WHEREAS, children need regular physical activity in order to establish positive health habits and prevent future chronic conditions such as obesity; and

WHEREAS, citizens are encouraged to walk, bike or use public transportation as a healthy, environmentally-friendly mode of transportation; and

WHEREAS, workplaces and schools should encourage more physical activity opportunities for their employees and students; and

WHEREAS, the representatives of the CT Chapter of the National Spinal Cord Injury Association call on organizations and individuals to recognize the importance of physical activity;

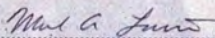
NOW THEREFORE, I, MARK A. LAURETTI, MAYOR OF SHELTON OUT OF THE LOWER NAUGATUCK VALLEY MUNICIPALITIES OF ANSONIA, DERBY, BEACON FALLS, OXFORD, SEYMOUR, AND SHELTON, DO HEREBY PROCLAIM

October 3, 2010, as

Wheeling and Able... Shelton Riverwalk Wheel/Walk for Fitness Day

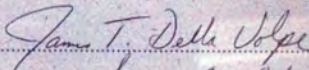
in Connecticut, City of Shelton and encourage all citizens to become more physically active and support policies and programs that help them do so.

Mayor of Shelton, Mark A. Lauretti

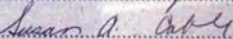

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Read and Agreed to by:

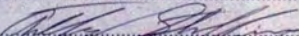
Mayor of Ansonia, James T. Della Volpe


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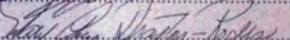
First Selectman of Beacon Falls, Susan Ann Cable


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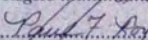
Mayor of Derby, Anthony Staffieri


.....

First Selectman of Oxford, Mary Ann Drayton-Rogers


.....

First Selectman of Seymour, Paul F. Roy


.....

DATED THIS 3rd DAY OF Oct, 2010

