



# Vernon-Verona-Sherrill

## (B) V Wrestling

### Coaches:

- Tyler Ayers
- Tyler Ayers

| DATE         | WEEK DAY | TYPE                                     | OPPONENTS                | START TIME | END TIME | LOCATION               | TRANSPORTATION  | LEAGUE / NON-LEAGUE |
|--------------|----------|--|--------------------------|------------|----------|------------------------|---|---------------------|
| Nov 3, 2023  | Fri      | Practice (Pre-Season Practice )          | N/A                      | 3:30 PM    | 5:00 PM  | TBD                    |   |                     |
| Nov 6, 2023  | Mon      | Practice (Pre-Season Practice )          | N/A                      | 3:30 PM    | 5:00 PM  | TBD                    |   |                     |
| Nov 8, 2023  | Wed      | Practice (Pre-Season Practice )          | N/A                      | 3:30 PM    | 5:00 PM  | TBD                    |   |                     |
| Nov 10, 2023 | Fri      | Practice (Pre-Season Practice )          | N/A                      | 3:30 PM    | 5:00 PM  | TBD                    |   |                     |
| Nov 13, 2023 | Mon      | Practice (JV/Varsity Wrestling Practice) | N/A                      | 3:30 PM    | 5:30 PM  | VVS Main Gym (The Pit) |   |                     |
| Nov 14, 2023 | Tue      | Practice (JV/Varsity Wrestling Practice) | N/A                      | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |   |                     |
| Nov 15, 2023 | Wed      | Practice (JV/Varsity Wrestling Practice) | N/A                      | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |   |                     |
| Nov 16, 2023 | Thu      | Practice (JV/Varsity Wrestling Practice) | N/A                      | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |   |                     |
| Nov 17, 2023 | Fri      | Practice (JV/Varsity Wrestling Practice) | N/A                      | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |   |                     |
| Nov 17, 2023 | Fri      | District (Weight Certifications)         | @ Central Valley Academy | 4:00 PM    |          | CVA Wrestling Room     | <b>Departure Date:</b><br>Nov 17, 2023<br><b>Departure Time:</b><br>2:45 PM | NL                  |
| Nov 20, 2023 | Mon      | Practice (JV/Varsity Wrestling Practice) | N/A                      | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |   |                     |
| Nov 21, 2023 | Tue      | Practice (JV/Varsity Wrestling Practice) | N/A                      | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |   |                     |
| Nov 22, 2023 | Wed      | Practice (JV/Varsity Wrestling Practice) | N/A                      | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |   |                     |
| Nov 23, 2023 | Thu      | Practice (JV/Varsity Wrestling Practice) | N/A                      | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |   |                     |
| Nov 24, 2023 | Fri      | Practice (JV/Varsity Wrestling Practice) | N/A                      | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |   |                     |
| Nov 25, 2023 | Sat      | Scrimmage (@ VVS)                        | Little Falls             | 4:00 PM    |          | VVS Main Gym (The Pit) |   | NL                  |
| Nov 25, 2023 | Sat      | Scrimmage                                | Mount Markham            | 6:00 PM    | 8:00 PM  | VVS Main Gym (The Pit) |   | L                   |
| Nov 27, 2023 | Mon      | Practice (JV/Varsity Wrestling Practice) | N/A                      | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |   |                     |
| Nov 28, 2023 | Tue      | Practice (JV/Varsity Wrestling Practice) | N/A                      | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |   |                     |

| DATE         | WEEK DAY | TYPE  | OPPONENTS  | START TIME | END TIME | LOCATION               | TRANSPORTATION   | LEAGUE / NON-LEAGUE |
|--------------|----------|---|--|------------|----------|------------------------|--|---------------------|
| Nov 29, 2023 | Wed      | Practice (JV/Varsity Wrestling Practice)                                | N/A  | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |  |                     |
| Nov 30, 2023 | Thu      | Practice (JV/Varsity Wrestling Practice)                                | N/A  | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |  |                     |
| Dec 1, 2023  | Fri      | Practice (JV/Varsity Wrestling Practice)                                | N/A  | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |  |                     |
| Dec 2, 2023  | Sat      | Regular Season (Morrisville Dual Meet Tournament - Weigh ins 7:45-9:00) | Whitesboro, East Syracuse Minoa, Cazenovia, Jamesville-Dewitt (JD/CBA/Solvay) @ Morrisville-Eaton (Morrisville-Eaton/Madison)  | 9:30 AM    |          | Middle/High School     | <b>Departure Date:</b> Dec 2, 2023<br><b>Departure Time:</b> 6:30 AM | NL                  |
| Dec 4, 2023  | Mon      | Practice (JV/Varsity Wrestling Practice)                                | N/A  | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |  |                     |
| Dec 5, 2023  | Tue      | Practice (JV/Varsity Wrestling Practice)                                | N/A  | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |  |                     |
| Dec 6, 2023  | Wed      | Practice (JV/Varsity Wrestling Practice)                                | N/A  | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |  |                     |
| Dec 7, 2023  | Thu      | Practice (JV/Varsity Wrestling Practice)                                | N/A  | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |  |                     |
| Dec 8, 2023  | Fri      | Practice (JV/Varsity Wrestling Practice)                                | N/A  | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |  |                     |
| Dec 9, 2023  | Sat      | Regular Season  | Altmar-Parish-Williamstown (APW/Pulaski), Auburn, Baldwinsville, Cazenovia, Fayetteville-Manlius, Grand Island, Holland Patent, Mexico, New Hartford, Palmyra-Macedon, Oswego, Rush Henrietta, Whitesboro, Union-Endicott, Syracuse City (Syracuse City) @ Phoenix | 9:00 AM    | 5:00 PM  | JCB Gym                | <b>Departure Date:</b> Dec 9, 2023<br><b>Departure Time:</b> 6:30 AM | NL                  |
| Dec 11, 2023 | Mon      | Practice (JV/Varsity Wrestling Practice)                                | N/A  | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |  |                     |
| Dec 12, 2023 | Tue      | Practice (JV/Varsity Wrestling Practice)                                | N/A  | 3:00 PM    | 5:00 PM  | TBD                    |  |                     |
| Dec 13, 2023 | Wed      | Practice (JV/Varsity Wrestling Practice)                                | N/A  | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |  |                     |
| Dec 14, 2023 | Thu      | Practice (JV/Varsity Wrestling Practice)                                | N/A  | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |  |                     |
| Dec 15, 2023 | Fri      | Practice (JV/Varsity Wrestling Practice)                                | N/A  | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |  |                     |

| DATE         | WEEK DAY | TYPE  | OPPONENTS  | START TIME | END TIME | LOCATION               | TRANSPORTATION  | LEAGUE / NON-LEAGUE |
|--------------|----------|---|--|------------|----------|------------------------|---|---------------------|
| Dec 16, 2023 | Sat      | Regular Season (Cuneen Doane Tournament)                        | Bainbridge Guilford (Bears), Chenango Valley, Deposit (Deposit-Hancock), Groton, Homer, Marathon, Morrisville-Eaton (Morrisville-Eaton/Madison), Pine Bush, Port Jervis, Sidney, Susquehanna Valley, Whitney Point, Windsor @ Delaware Academy (WDA) | 9:30 AM    |          | Walton HS Gym          | <b>Departure Time:</b> 5:30 AM  | NL                  |
| Dec 18, 2023 | Mon      | Practice (JV/Varsity Wrestling Practice)                        | N/A  | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |   |                     |
| Dec 19, 2023 | Tue      | Practice (JV/Varsity Wrestling Practice)                        | N/A  | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |   |                     |
| Dec 20, 2023 | Wed      | Practice (JV/Varsity Wrestling Practice)                        | N/A  | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |   |                     |
| Dec 20, 2023 | Wed      | Regular Season  | New Hartford   | 6:00 PM    |          | VVS Main Gym (The Pit) |   | L                   |
| Dec 21, 2023 | Thu      | Practice (JV/Varsity Wrestling Practice)                        | N/A  | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |   |                     |
| Dec 22, 2023 | Fri      | Practice (JV/Varsity Wrestling Practice)                        | N/A  | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |   |                     |
| Dec 23, 2023 | Sat      | Regular Season (Baldwinsville Wrestling Tournament)             | @ TBD  | 7:00 AM    | 9:00 PM  | Bville - Baker Gym 1&2 | <b>Departure Date:</b> Dec 23, 2023<br><b>Departure Time:</b> 6:30 AM | NL                  |
| Dec 25, 2023 | Mon      | Practice (JV/Varsity Wrestling Practice)                        | N/A  | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |   |                     |
| Dec 26, 2023 | Tue      | Practice (JV/Varsity Wrestling Practice)                        | N/A  | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |   |                     |
| Dec 27, 2023 | Wed      | Practice (JV/Varsity Wrestling Practice)                        | N/A  | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |   |                     |
| Dec 28, 2023 | Thu      | Regular Season (Spencerport Teike-Bernabi Wrestling Tournament) | @ Spencerport  | 8:00 AM    | 4:00 PM  | Spencerport M/HS       |   | NL                  |
| Dec 28, 2023 | Thu      | Practice (JV/Varsity Wrestling Practice)                        | N/A  | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |   |                     |
| Dec 29, 2023 | Fri      | Regular Season (Spencerport Teike-Bernabi Wrestling Tournament) | @ Spencerport  | 8:00 AM    |          | Spencerport M/HS       |   | NL                  |
| Dec 29, 2023 | Fri      | Practice (JV/Varsity Wrestling Practice)                        | N/A  | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |   |                     |
| Jan 1, 2024  | Mon      | Practice (JV/Varsity Wrestling Practice)                        | N/A  | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |   |                     |

| DATE                  | WEEK DAY | TYPE   | OPPONENTS                              | START TIME | END TIME | LOCATION                   | TRANSPORTATION  | LEAGUE / NON-LEAGUE |
|-----------------------|----------|--|--|------------|----------|----------------------------|---|---------------------|
| Jan 2, 2024           | Tue      | Practice (JV/Varsity Wrestling Practice)                                       | N/A                                    | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit)     |   |                     |
| Jan 3, 2024           | Wed      | Practice (JV/Varsity Wrestling Practice)                                       | N/A                                    | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit)     |   |                     |
| Jan 3, 2024           | Wed      | Regular Season   | @ Central Valley Academy               | 6:00 PM    | 8:00 PM  | CVA Main Gym               | <b>Departure Date:</b> Jan 3, 2024<br><b>Departure Time:</b> 4:00 PM  | L                   |
| Jan 4, 2024           | Thu      | Practice (JV/Varsity Wrestling Practice)                                       | N/A                                    | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit)     |   |                     |
| Jan 5, 2024           | Fri      | Practice (JV/Varsity Wrestling Practice)                                       | N/A                                    | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit)     |   |                     |
| Jan 6, 2024           | Sat      | Regular Season (TVL Quad Meet)   | Camden, Rome Free Academy @ Whitesboro | 1:00 PM    | 5:00 PM  | Whitesboro High School Gym | <b>Departure Time:</b> 11:00 AM                                       | L                   |
| Jan 8, 2024           | Mon      | Practice (JV/Varsity Wrestling Practice)                                       | N/A                                    | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit)     |   |                     |
| POSTPONED Jan 9, 2024 | Tue      | Practice (JV/Varsity Wrestling Practice)                                       | N/A                                    | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit)     |   |                     |
| Jan 10, 2024          | Wed      | Practice (JV/Varsity Wrestling Practice)                                       | N/A                                    | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit)     |   |                     |
| Jan 11, 2024          | Thu      | Practice (JV/Varsity Wrestling Practice)                                       | N/A                                    | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit)     |   |                     |
| Jan 12, 2024          | Fri      | Practice (JV/Varsity Wrestling Practice)                                       | N/A                                    | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit)     |   |                     |
| Jan 15, 2024          | Mon      | Practice (JV/Varsity Wrestling Practice)                                       | N/A                                    | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit)     |   |                     |
| Jan 16, 2024          | Tue      | Practice (JV/Varsity Wrestling Practice)                                       | N/A                                    | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit)     |   |                     |
| Jan 16, 2024          | Tue      | Post-Season (TVL sectionals vs. HP at 5 pm. Winner will wrestle CVA at 6 pm. ) | @ Central Valley Academy               | 5:00 PM    |          | CVA Wrestling Room         | <b>Departure Time:</b> 3:15 PM  | L                   |
| Jan 17, 2024          | Wed      | Practice (JV/Varsity Wrestling Practice)                                       | N/A                                    | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit)     |   |                     |
| Jan 17, 2024          | Wed      | Regular Season   | @ Holland Patent                       | 6:00 PM    |          | HS Gym                     | <b>Departure Date:</b> Jan 17, 2024<br><b>Departure Time:</b> 4:00 PM | L                   |
| Jan 18, 2024          | Thu      | Practice (JV/Varsity Wrestling Practice)                                       | N/A                                    | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit)     |   |                     |
| Jan 19, 2024          | Fri      | Practice (JV/Varsity Wrestling Practice)                                       | N/A                                    | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit)     |   |                     |
| Jan 22, 2024          | Mon      | Practice (JV/Varsity Wrestling Practice)                                       | N/A                                    | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit)     |   |                     |

| DATE         | WEEK DAY | TYPE                                     | OPPONENTS   | START TIME | END TIME | LOCATION               | TRANSPORTATION  | LEAGUE / NON-LEAGUE |
|--------------|----------|--|---|------------|----------|------------------------|---|---------------------|
| Jan 23, 2024 | Tue      | Practice (JV/Varsity Wrestling Practice) | N/A   | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |   |                     |
| Jan 24, 2024 | Wed      | Practice (JV/Varsity Wrestling Practice) | N/A   | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |   |                     |
| Jan 24, 2024 | Wed      | Regular Season                           | @ Canastota   | 6:00 PM    | 7:30 PM  | Dimao Gym              | <b>Departure Date:</b><br>Jan 24, 2024<br><b>Departure Time:</b><br>4:30 PM | NL                  |
| Jan 25, 2024 | Thu      | Practice (JV/Varsity Wrestling Practice) | N/A   | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |   |                     |
| Jan 26, 2024 | Fri      | Practice (JV/Varsity Wrestling Practice) | N/A   | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |   |                     |
| Jan 29, 2024 | Mon      | Practice (JV/Varsity Wrestling Practice) | N/A   | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |   |                     |
| Jan 30, 2024 | Tue      | Practice (JV/Varsity Wrestling Practice) | N/A   | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |   |                     |
| Jan 30, 2024 | Tue      | Regular Season                           | Adirondack  | 6:00 PM    | 8:00 PM  | VVS MS Gym             |   | NL                  |
| Jan 31, 2024 | Wed      | Practice (JV/Varsity Wrestling Practice) | N/A   | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |   |                     |
| Feb 1, 2024  | Thu      | Practice (JV/Varsity Wrestling Practice) | N/A   | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |   |                     |
| Feb 2, 2024  | Fri      | Practice (JV/Varsity Wrestling Practice) | N/A   | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |   |                     |
| Feb 3, 2024  | Sat      | Regular Season (Class B Tournament)      | Camden, Central Valley Academy, Chittenango, Cortland, Jordan-Elbridge (Port Byron/Union Springs/Jordan-Elbridge/Cato-Meridian), Marcellus, Mexico, South Jefferson @ Homer | 10:00 AM   |          | Homer High School      | <b>Departure Time:</b><br>7:00 AM   | NL                  |
| Feb 5, 2024  | Mon      | Practice (JV/Varsity Wrestling Practice) | N/A   | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |   |                     |
| Feb 6, 2024  | Tue      | Practice (JV/Varsity Wrestling Practice) | N/A   | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |   |                     |
| Feb 7, 2024  | Wed      | Practice (JV/Varsity Wrestling Practice) | N/A   | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |   |                     |
| Feb 8, 2024  | Thu      | Practice (JV/Varsity Wrestling Practice) | N/A   | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |   |                     |
| Feb 9, 2024  | Fri      | Practice (JV/Varsity Wrestling Practice) | N/A   | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |   |                     |
| Feb 10, 2024 | Sat      | Post-Season (sectionals)                 | @ TBD   | TBD        |          | OCC - SRC Arena        | <b>Departure Time:</b><br>7:00 AM   | NL                  |
| Feb 12, 2024 | Mon      | Practice (JV/Varsity Wrestling Practice) | N/A   | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |   |                     |

| DATE         | WEEK DAY | TYPE                                     | OPPONENTS | START TIME | END TIME | LOCATION               | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|--|-----------|------------|----------|------------------------|----------------|---------------------|
| Feb 13, 2024 | Tue      | Practice (JV/Varsity Wrestling Practice) | N/A       | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |                |                     |
| Feb 14, 2024 | Wed      | Practice (JV/Varsity Wrestling Practice) | N/A       | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |                |                     |
| Feb 15, 2024 | Thu      | Practice (JV/Varsity Wrestling Practice) | N/A       | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |                |                     |
| Feb 16, 2024 | Fri      | Practice (JV/Varsity Wrestling Practice) | N/A       | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |                |                     |
| Feb 19, 2024 | Mon      | Practice (JV/Varsity Wrestling Practice) | N/A       | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |                |                     |
| Feb 20, 2024 | Tue      | Practice (JV/Varsity Wrestling Practice) | N/A       | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |                |                     |
| Feb 21, 2024 | Wed      | Practice (JV/Varsity Wrestling Practice) | N/A       | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |                |                     |
| Feb 22, 2024 | Thu      | Practice (JV/Varsity Wrestling Practice) | N/A       | 3:00 PM    | 5:00 PM  | VVS Main Gym (The Pit) |                |                     |

Date: 2024-04-24