



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	Departure Date: Nov 17, 2023 Departure Time: 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	Departure Date: Dec 2, 2023 Departure Time: 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	Departure Date: Dec 9, 2023 Departure Time: 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	Departure Time: 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	Departure Date: Dec 23, 2023 Departure Time: 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	Departure Date: Jan 3, 2024 Departure Time: 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	Departure Time: 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	Departure Time: 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	Departure Date: Jan 17, 2024 Departure Time: 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)		

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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	Departure Date: Jan 24, 2024 Departure Time: 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	Departure Time: 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	Departure Time: 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: 2024-05-03