



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 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)		
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 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)		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE
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)	
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 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	Practice (JV/Varsity Wrestling Practice)	N/A	3:00 PM	5:00 PM	VVS Main Gym (The Pit)	
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)	
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 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 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 17, 2024	Wed	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 / NON-LEAGUE
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)	
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 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 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 12, 2024	Mon	Practice (JV/Varsity Wrestling Practice)	N/A	3:00 PM	5:00 PM	VVS Main Gym (The Pit)	
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)	