



Elmira

(B) V Wrestling

Coaches:

- David Guyette, Head Coach
- Zakkariah Rolfe
- Christopher Eames

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 13, 2023	Mon	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Nov 14, 2023	Tue	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Nov 15, 2023	Wed	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Nov 16, 2023	Thu	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Nov 17, 2023	Fri	Practice (Certifications @ Chemung Elementart)	N/A	4:30 PM	5:55 PM	EHS Wrestling Room		
Nov 18, 2023	Sat	Practice	N/A	9:30 AM	11:30 AM	EHS Wrestling Room		
Nov 20, 2023	Mon	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Nov 21, 2023	Tue	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Nov 22, 2023	Wed	Practice	N/A	9:00 AM	11:00 AM	EHS Wrestling Room		
Nov 24, 2023	Fri	Practice	N/A	11:00 AM	1:00 PM	EHS Wrestling Room		
Nov 25, 2023	Sat	Practice	N/A	9:00 AM	11:00 AM	EHS Wrestling Room		
Nov 27, 2023	Mon	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Nov 28, 2023	Tue	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Nov 29, 2023	Wed	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Nov 30, 2023	Thu	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Dec 1, 2023	Fri	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Dec 4, 2023	Mon	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Dec 5, 2023	Tue	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 6, 2023	Wed	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Dec 7, 2023	Thu	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Dec 8, 2023	Fri	Practice	N/A	6:00 PM	8:45 PM	EHS Wrestling Room		
Dec 9, 2023	Sat	Regular Season (Dave Buck Memorial Tournament)	TBD	7:30 AM		EHS Gym		L
Dec 9, 2023	Sat	Regular Season (Dave Buck Memorial Tournament)	Whitney Point	8:00 AM		TBD		L
Dec 9, 2023	Sat	Regular Season (Elmira Christmas Tournament)	Odessa-Montour	9:00 AM		EHS Gym		NL
Dec 9, 2023	Sat	Regular Season (56th Annual Dave Buck Memorial Tournament)	Moravia	TBD		EHS Gym		NL
Dec 11, 2023	Mon	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Dec 12, 2023	Tue	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Dec 14, 2023	Thu	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Dec 15, 2023	Fri	Regular Season 60-15 W	Vestal	6:30 PM		EHS Gym		L
Dec 18, 2023	Mon	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Dec 19, 2023	Tue	Regular Season 53-18 W	Ithaca	6:30 PM	9:00 PM	EHS Gym		L
Dec 20, 2023	Wed	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Dec 21, 2023	Thu	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Dec 26, 2023	Tue	Practice	N/A	9:00 AM	11:00 AM	EHS Wrestling Room		
Dec 27, 2023	Wed	Practice	N/A	9:00 AM	11:00 AM	EHS Wrestling Room		
Dec 28, 2023	Thu	Practice	N/A	9:00 AM	11:00 AM	EHS Wrestling Room		
Dec 29, 2023	Fri	Practice	N/A	9:00 AM	11:00 AM	EHS Wrestling Room		
Dec 30, 2023	Sat	Practice	N/A	9:00 AM	11:00 AM	EHS Wrestling Room		
Jan 1, 2024	Mon	Practice	N/A	12:00 PM	2:00 PM	EHS Wrestling Room		
Jan 2, 2024	Tue	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 3, 2024	Wed	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Jan 4, 2024	Thu	Regular Season	Horseheads	7:00 PM	9:00 PM	EHS Gym		L
Jan 9, 2024	Tue	Regular Season	Binghamton	6:30 PM		EHS Gym		L
Jan 15, 2024	Mon	Practice	N/A	9:00 AM	11:00 AM	EHS Wrestling Room		
Jan 16, 2024	Tue	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Jan 17, 2024	Wed	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Jan 18, 2024	Thu	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Jan 19, 2024	Fri	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Jan 22, 2024	Mon	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Jan 23, 2024	Tue	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Jan 24, 2024	Wed	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Jan 25, 2024	Thu	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Jan 25, 2024	Thu	Regular Season	Waverly	6:00 PM	8:00 PM	EHS Gym		L
Jan 26, 2024	Fri	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Jan 29, 2024	Mon	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Jan 30, 2024	Tue	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Feb 1, 2024	Thu	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		

Date: 2024-05-16