



Elmira

(B) V Wrestling

Coaches:

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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 11, 2021	Mon	Practice (Off -Season Workout)	N/A	3:15 PM	5:15 PM	EHS Wrestling Room		
Jan 11, 2021	Mon	Practice (Off Season Workout)	N/A	3:45 PM	5:15 PM	EHS Fitness Room		
Jan 12, 2021	Tue	Practice (Off -Season Workout)	N/A	3:15 PM	5:15 PM	EHS Wrestling Room		
Jan 12, 2021	Tue	Practice (Off -Season Workout)	N/A	3:45 PM	5:15 PM	EHS Fitness Room		
Jan 14, 2021	Thu	Practice (Off -Season Workout)	N/A	3:15 PM	5:15 PM	EHS Wrestling Room		
Jan 14, 2021	Thu	Practice (Off -Season Workout)	N/A	3:45 PM	5:15 PM	EHS Fitness Room		
Jan 19, 2021	Tue	Practice (Off -Season Workout)	N/A	3:15 PM	5:15 PM	EHS Wrestling Room		
Jan 19, 2021	Tue	Practice (Off -Season Workout)	N/A	3:45 PM	5:15 PM	EHS Fitness Room		
Jan 21, 2021	Thu	Practice (Off -Season Workout)	N/A	3:15 PM	5:15 PM	EHS Wrestling Room		
Jan 21, 2021	Thu	Practice (Off -Season Workout)	N/A	3:45 PM	5:15 PM	EHS Fitness Room		
Jan 25, 2021	Mon	Practice (Off -Season Workout)	N/A	3:15 PM	5:15 PM	EHS Wrestling Room		
Jan 25, 2021	Mon	Practice (Off -Season Workout)	N/A	3:45 PM	5:15 PM	EHS Fitness Room		
Jan 26, 2021	Tue	Practice (Off -Season Workout)	N/A	3:15 PM	5:15 PM	EHS Wrestling Room		
Jan 26, 2021	Tue	Practice (Off -Season Workout)	N/A	3:45 PM	5:15 PM	EHS Fitness Room		
Jan 28, 2021	Thu	Practice (Off -Season Workout)	N/A	3:15 PM	5:15 PM	EHS Wrestling Room		
Jan 28, 2021	Thu	Practice (Off -Season Workout)	N/A	3:45 PM	5:15 PM	EHS Fitness Room		
Feb 1, 2021	Mon	Practice	N/A	3:15 PM	5:15 PM	EHS Wrestling Room		
Feb 1, 2021	Mon	Practice (Off -Season Workout)	N/A	3:45 PM	5:15 PM	EHS Fitness Room		
Feb 2, 2021	Tue	Practice	N/A	3:15 PM	5:15 PM	EHS Wrestling Room		
Feb 2, 2021	Tue	Practice (Off -Season Workout)	N/A	3:45 PM	5:15 PM	EHS Fitness Room		
Feb 3, 2021	Wed	Practice	N/A	3:15 PM	5:15 PM	EHS Wrestling Room		
Feb 4, 2021	Thu	Practice	N/A	3:15 PM	5:15 PM	EHS Wrestling Room		
Feb 4, 2021	Thu	Practice (Off -Season Workout)	N/A	3:45 PM	5:15 PM	EHS Fitness Room		
Feb 5, 2021	Fri	Practice	N/A	3:15 PM	5:15 PM	EHS Wrestling Room		
Feb 8, 2021	Mon	Practice (Off -Season Workout)	N/A	3:45 PM	5:15 PM	EHS Fitness Room		
Feb 9, 2021	Tue	Practice (Off -Season Workout)	N/A	3:45 PM	5:15 PM	EHS Fitness Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 11, 2021	Thu	Practice (Off -Season Workout)	N/A	3:15 PM	5:15 PM	EHS Wrestling Room		
Feb 11, 2021	Thu	Practice (Off -Season Workout)	N/A	3:45 PM	5:15 PM	EHS Fitness Room		
Feb 15, 2021	Mon	Practice	N/A	8:30 AM	10:00 AM	EHS Fitness Room, EHS Wrestling Room		
Feb 16, 2021	Tue	Practice	N/A	8:30 AM	10:00 AM	EHS Fitness Room, EHS Wrestling Room		
Feb 17, 2021	Wed	Practice	N/A	8:30 AM	10:00 AM	EHS Fitness Room, EHS Wrestling Room		
Feb 18, 2021	Thu	Practice	N/A	8:30 AM	10:00 AM	EHS Fitness Room, EHS Wrestling Room		
Feb 19, 2021	Fri	Practice	N/A	8:30 AM	10:00 AM	EHS Fitness Room, EHS Wrestling Room		
Feb 22, 2021	Mon	Practice (Off -Season Workout)	N/A	3:15 PM	5:15 PM	EHS Wrestling Room		
Feb 22, 2021	Mon	Practice (Off -Season Workout)	N/A	3:45 PM	5:15 PM	EHS Fitness Room		
Feb 23, 2021	Tue	Practice (Off -Season Workout)	N/A	3:15 PM	5:15 PM	EHS Wrestling Room		
Feb 23, 2021	Tue	Practice (Off -Season Workout)	N/A	3:45 PM	5:15 PM	EHS Fitness Room		
Feb 24, 2021	Wed	Regular Season (Senior Recognition)	Corning-Painted Post	5:30 PM	8:00 PM	EHS Gym		L
Feb 25, 2021	Thu	Practice (Off -Season Workout)	N/A	3:15 PM	5:15 PM	EHS Wrestling Room		
Feb 25, 2021	Thu	Practice (Off -Season Workout)	N/A	3:45 PM	5:15 PM	EHS Fitness Room		
Feb 27, 2021	Sat	Regular Season (Weigh-ins 9:00am - Elmira (scrimmage))	Newark Valley @ Tioga	10:00 PM		Middle School Gym		L
Mar 2, 2021	Tue	Regular Season	@ Horseheads	5:30 PM		HHS HS North Gym		NL
Mar 6, 2021	Sat	Regular Season	Waverly @ Owego Apalachin	8:00 AM		OFA Gymnasium		L

Date: 2026-04-11