

## Coaches:

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

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 14, 2022	Mon	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Nov 15, 2022	Tue	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Nov 16, 2022	Wed	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Nov 17, 2022	Thu	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Nov 18, 2022	Fri	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Nov 19, 2022	Sat	Practice	N/A	9:00 AM	11:00 AM	EHS Wrestling Room		
Nov 21, 2022	Mon	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Nov 22, 2022	Tue	Practice (Certifications at Waverly)	N/A	5:00 PM	6:30 PM	TBD		
Nov 23, 2022	Wed	Practice	N/A	9:00 AM	11:00 AM	EHS Wrestling Room		
Nov 25, 2022	Fri	Practice	N/A	9:00 AM	11:00 AM	EHS Wrestling Room		
Nov 26, 2022	Sat	Practice (Friends of Section 4 JV Tournament @Horsheds Middle School)	N/A	9:00 AM	3:00 PM	TBD		
Nov 26, 2022	Sat	Practice	N/A	9:00 AM	11:00 AM	EHS Wrestling Room		
Nov 26, 2022	Sat	Regular Season (Friends of Section IV Tournament)	Waverly, Hancock (Deposit-Hancock), Sidney @ Horseheads	9:30 AM	3:00 PM	HHS MS Gym		NL
Nov 28, 2022	Mon	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Nov 28, 2022	Mon	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Nov 29, 2022	Tue	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Nov 30, 2022	Wed	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Dec 1, 2022	Thu	Regular Season 33-34 L	@ Vestal	6:30 PM	9:00 PM	Vestal High School Baseball Field		L
Dec 2, 2022	Fri	Practice (Practice)	N/A	3:45 PM	5:45 PM	TBD		
Dec 3, 2022	Sat	Regular Season (Larry Goodrich Tournament)	Central Valley Academy, Binghamton, Deposit (Deposit-Hancock), Dryden, Holland Patent, Ithaca, Owego Apalachin, Elmira Heights, TBD @ Newark Valley	10:00 AM		Newark Valley High School		L
CANCELLED Dec 8, 2022	Thu	Regular Season	Corning-Painted Post	6:30 PM	9:00 PM	EHS Gym		L
Dec 10, 2022	Sat	Regular Season (Dave Buck Memorial Tournament)	TBD	8:00 AM	6:00 PM	EHS Gym		L
Dec 10, 2022	Sat	Regular Season (Elmira City School District 55th Annual Dave Buck Memorial Tournament)	Whitney Point	9:00 AM		EHS Gym		L
Dec 10, 2022	Sat	Regular Season 0-1 L	Windsor	6:00 PM		EHS Gym		L
POSTPONED Dec 15, 2022	Thu	Regular Season	Johnson City	6:30 PM	9:00 PM	EHS Gym		L
Dec 17, 2022	Sat	Regular Season (5th Annual Greg Partridge Memorial Wrestling Duals)	@ TBD	7:45 AM		Corning- Painted Post High School		L
Dec 19, 2022	Mon	Regular Season	Johnson City @ Union-Endicott	5:00 PM	9:00 PM	UEHS Main Gym		L
Dec 20, 2022	Tue	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Dec 21, 2022	Wed	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Dec 22, 2022	Thu	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Dec 26, 2022	Mon	Practice (Practice)	N/A	9:00 AM	11:00 AM	EHS Wrestling Room		
Dec 27, 2022	Tue	Practice (Practice)	N/A	9:00 AM	11:00 AM	EHS Wrestling Room		
Dec 28, 2022	Wed	Practice (Practice)	N/A	9:00 AM	11:00 AM	EHS Wrestling Room		
Dec 29, 2022	Thu	Practice (Practice)	N/A	9:00 AM	11:00 AM	EHS Wrestling Room		
Dec 30, 2022	Fri	Practice (Practice)	N/A	9:00 AM	11:00 AM	EHS Wrestling Room		
Dec 31, 2022	Sat	Practice (Practice)	N/A	9:00 AM	11:00 AM	EHS Wrestling Room		

Jan 2, 2023   Mon   Practice   N/A   3-00   5-00   EHS   Wrestling   Room   N/A   Month   Mo	DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jan 1, 2023   Wed   Practice   N/A   345   545   EHS   Westling   Room   Room	Jan 2, 2023	Mon	Practice	N/A			Wrestling		
Jan 4, 2023   Wed   Practice   N/A   Symbol   Problem   Problem	Jan 3, 2023	Tue	Regular Season	@ Horseheads					L
Jan 1, 2023   Thu   Regular Season   Enghamon   PM   PM   ERIS Gym   Land	Jan 4, 2023	Wed	Practice	N/A			Wrestling		
Jan 6, 2023   Fri   (33rd Oneonta   245	Jan 5, 2023	Thu	Regular Season	Binghamton			EHS Gym		L
Jan 7, 2023   Sat   G3rd Oneonta Rouy   Paratice (Practice)   N/A   S45   S45   PM   PM   PM   PM   PM   PM   PM   P	Jan 6, 2023	Fri	(33rd Oneonta Rotary Tournament	@ TBD			Oneonta		L
Jan 11, 2023   Wed   Regular Season   @ Maine-Endwell   RM   PM   PM   PM   PM   Regular Season   Regular	Jan 7, 2023	Sat	(33rd Oneonta Rotary Tournament	@ TBD			Oneonta		L
Jan 11, 2023         Wed         Regular Season         @ Maine-Endwell         PM	Jan 10, 2023	Tue	Practice (Practice)	N/A			TBD		
Fractice (Practice)   N/A   PM   PM   PM   PM   PM   PM   PM   P	Jan 11, 2023	Wed	Regular Season	@ Maine-Endwell			Endwell HS		L
Jan 13, 2023         Fri Memorial Tournament @ First Arena.)         & TBD         8:00 AM         TBD         L           Jan 14, 2023         Sat Arena.)         Regular Season (1st Annual Southern Tier Memorial Tournament @ First Arena.)         © TBD         7:00 AM         TBD         L           Jan 17, 2023         Tue         Practice (Practice)         N/A         3:45 5:45 PM         TBD         TBD         L           Jan 17, 2023         Tue         Regular Season (Sectionals.)         @ TBD         TBD         TBD         L           Jan 19, 2023         Thu         Practice (Practice)         N/A         3:45 5:45 PM         TBD         L           Jan 20, 2023         Fri         Regular Season (STAC Tournament)         @ TBD         3:30 PM         Owego Free Academy         L           Jan 21, 2023         Sat         Regular Season (STAC Tournament)         @ TBD         7:00 PM         Owego Free Academy         L           Jan 23, 2023         Mon         Practice (Practice)         N/A         3:45 5:45 PM         TBD           Jan 24, 2023         Tue         Practice (Practice)         N/A         3:45 5:45 PM         TBD           Jan 26, 2023         Thu         Practice (Practice)         N/A         3:45 5:45 PM         TBD	Jan 12, 2023	Thu	Practice (Practice)	N/A			TBD		
Jan 14, 2023         Sat         Annual Southern Tier Memorial Tournament @ First Arena)         Q TBD         7:00 AM         TBD         L           Jan 17, 2023         Tue         Practice (Practice)         N/A         3:45 PM         5:45 PM         TBD         L           Jan 17, 2023         Tue         Regular Season (Sectionals)         @ TBD         TBD         TBD         L           Jan 19, 2023         Thu         Practice (Practice)         N/A         3:45 5:45 PM         PM         TBD         L           Jan 20, 2023         Fri         Regular Season (STAC Tournament)         @ TBD         3:30 PM         Owego Free Academy         L           Jan 21, 2023         Sat         Regular Season (STAC Tournament)         @ TBD         7:00 PM         Owego Free Academy         L           Jan 23, 2023         Mon         Practice (Practice)         N/A         3:45 5:45 FM         TBD           Jan 24, 2023         Tue         Practice (Practice)         N/A         3:45 FM         5:45 TBD           Jan 25, 2023         Wed         Practice (Practice)         N/A         3:45 FM         5:45 TBD           Jan 27, 2023         Thu         Practice (Practice)         N/A         3:45 FM         5:45 TBD	Jan 13, 2023	Fri	Annual Southern Tier Memorial Tournament @ First				TBD		L
Jan 17, 2023         Tue         Regular Season (Sectionals)         @ TBD         TBD         TBD         L           Jan 19, 2023         Thu         Practice (Practice)         N/A         3:45 5:45 5:45 FM         TBD         L           Jan 20, 2023         Fri         Regular Season (STAC Tournament)         @ TBD         3:30 Owego Free Academy         L           Jan 21, 2023         Sat         Regular Season (STAC Tournament)         @ TBD         7:00 Owego Free Academy         L           Jan 23, 2023         Mon         Practice (Practice)         N/A         3:45 5:45 TBD         TBD           Jan 24, 2023         Tue         Practice (Practice)         N/A         3:45 5:45 TBD         TBD           Jan 25, 2023         Wed         Practice (Practice)         N/A         3:45 5:45 TBD         TBD           Jan 26, 2023         Thu         Practice (Practice)         N/A         3:45 5:45 TBD         TBD           Jan 30, 2023         Mon         Practice (Practice)         N/A         3:45 5:45 TBD         TBD           Jan 31, 2023         Tue         Practice (Practice)         N/A         3:45 5:45 TBD         TBD           Jan 31, 2023         Tue         Practice (Practice)         N/A         3:45 5:45 FM	Jan 14, 2023	Sat	Annual Southern Tier Memorial Tournament @ First				TBD		L
Jan 19, 2023   Thu	Jan 17, 2023	Tue	Practice (Practice)	N/A			TBD		
Jan 20, 2023         Fri         Regular Season (STAC Tournament)         @ TBD         3:30 PM         Owego Free Academy         L           Jan 21, 2023         Sat         Regular Season (STAC Tournament)         @ TBD         7:00 Academy         Owego Free Academy         L           Jan 23, 2023         Mon         Practice (Practice)         N/A         3:45 5:45 PM PM         TBD           Jan 24, 2023         Tue         Practice (Practice)         N/A         3:45 5:45 PM PM         TBD           Jan 25, 2023         Wed         Practice (Practice)         N/A         3:45 5:45 PM PM         TBD           Jan 26, 2023         Thu         Practice (Practice)         N/A         3:45 5:45 PM PM         TBD           Jan 27, 2023         Fri         Practice (Practice)         N/A         3:45 5:45 PM PM         TBD           Jan 30, 2023         Mon         Practice (Practice)         N/A         3:45 5:45 PM PM         TBD           Jan 31, 2023         Tue         Practice (Practice)         N/A         3:45 5:45 PM PM         TBD           Feb 1, 2023         Wed Begular Season         Wedishero Area HS         6:00         EHS Gwm         L	Jan 17, 2023	Tue		@ TBD	TBD		TBD		L
Jan 20, 2023	Jan 19, 2023	Thu	Practice (Practice)	N/A			TBD		
Jan 21, 2023         Sat (STAC Tournament)         W TBD         AM         Academy         L           Jan 23, 2023         Mon Practice (Practice)         N/A         3:45 5:45 TBD         TBD           Jan 24, 2023         Tue Practice (Practice)         N/A         3:45 5:45 TBD         TBD           Jan 25, 2023         Wed Practice (Practice)         N/A         3:45 5:45 TBD         TBD           Jan 26, 2023         Thu Practice (Practice)         N/A         3:45 5:45 TBD         TBD           Jan 27, 2023         Fri Practice (Practice)         N/A         3:45 5:45 TBD         TBD           Jan 30, 2023         Mon Practice (Practice)         N/A         3:45 5:45 TBD         TBD           Jan 31, 2023         Tue Practice (Practice)         N/A         3:45 5:45 TBD         TBD           Feb 1, 2023         Weel Practice (Practice)         N/A         3:45 5:45 TBD         TBD	Jan 20, 2023	Fri		@ TBD					L
Jan 24, 2023         Tue         Practice (Practice)         N/A         PM	Jan 21, 2023	Sat		@ TBD			•		L
Jan 24, 2023         Tue         Practice (Practice)         N/A         PM	Jan 23, 2023	Mon	Practice (Practice)	N/A			TBD		
Jan 25, 2023         Wed         Practice (Practice)         N/A         PM         TBD           Jan 26, 2023         Thu         Practice (Practice)         N/A         3:45 PM PM         FM         TBD           Jan 30, 2023         Mon         Practice (Practice)         N/A         3:45 PM PM         TBD           Jan 31, 2023         Tue         Practice (Practice)         N/A         3:45 PM PM         TBD           Feb 1, 2023         Wed Regular Season         Wellsborg Area HS         6:00         EHS Gym	Jan 24, 2023	Tue	Practice (Practice)	N/A			TBD		
Jan 26, 2023         Thu Practice (Practice)         N/A         PM PM PM PM PM         PBD           Jan 27, 2023         Fri Practice (Practice)         N/A         3:45 5:45 PM PM PM         TBD           Jan 30, 2023         Mon Practice (Practice)         N/A         3:45 PM PM PM         TBD           Jan 31, 2023         Tue Practice (Practice)         N/A         3:45 PM PM PM         TBD           Feb 1, 2023         Wed Regular Season         Wellsborg Area HS         6:00         EHS Gym	Jan 25, 2023	Wed	Practice (Practice)	N/A			TBD		
Jan 27, 2023         Fri         Practice (Practice)         N/A         PM         TBD           Jan 31, 2023         Tue         Practice (Practice)         N/A         3:45 PM         5:45 PM         PM         TBD           Feb 1, 2023         Wed Regular Season         Wellsborn Area HS         6:00         EHS Gym	Jan 26, 2023	Thu	Practice (Practice)	N/A			TBD		
Jan 31, 2023 Mon Practice (Practice) N/A PM PM PM  Jan 31, 2023 Tue Practice (Practice) N/A 3:45 5:45 PM PM  Feb 1, 2023 Wed Regular Season Wellshorp Area HS 6:00 EHS Gym	Jan 27, 2023	Fri	Practice (Practice)	N/A		PM	TBD		
Feb 1 2023 Wed Regular Season Wellshore Area HS 6:00 EHS Gym	Jan 30, 2023	Mon	Practice (Practice)	N/A	PM	PM	TBD		
	Jan 31, 2023	Tue	Practice (Practice)	N/A			TBD		
	Feb 1, 2023	Wed	Regular Season	Wellsboro Area HS			EHS Gym		L

DATE	WEEK DAY	TYPE	OPPONENTS	START END TIME TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Feb 2, 2023	Thu	Regular Season	Ithaca	7:30 PM	EHS Gym		L
Feb 4, 2023	Sat	Regular Season (A&B Qualifiers)	@ TBD	TBD	TBD		L
CANCELLED Feb 4, 2023	Sat	Regular Season	Ithaca	TBD	Cornell University		L
Feb 11, 2023	Sat	Regular Season (Finals)	@ TBD	TBD	TBD		L

Date: 2024-05-16