



# 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 2, 2023	Sat	Regular Season (Larry Goodrich Invitational)	@ Newark Valley	TBD		Newark Valley High School		L
Dec 4, 2023	Mon	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 5, 2023	Tue	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Dec 6, 2023	Wed	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
POSTPONED Dec 6, 2023	Wed	Regular Season	@ Waverly	6:30 PM		Waverly High School Gym		L
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 13, 2023	Wed	Regular Season 42-20 W	@ Corning-Painted Post	6:30 PM	9:00 PM	C P P High School		L
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 22, 2023	Fri	Regular Season (2023 Mark Cody Duals)	@ Binghamton	9:30 AM		Binghamton High School-Gym		L
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		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
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		
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 5, 2024	Fri	Regular Season (Oneonta Rotary Tournament)	@ Oneonta	TBD		Oneonta High School		NL
Jan 6, 2024	Sat	Regular Season (Oneonta Rotary Tournament)	@ Oneonta	TBD		Oneonta High School		NL
Jan 9, 2024	Tue	Regular Season	Binghamton	6:30 PM		EHS Gym		L
Jan 12, 2024	Fri	Regular Season (Memorial Tournament @ First Arena)	@ TBD	TBD		TBD		L
Jan 13, 2024	Sat	Regular Season (River Hawk Roud Robin)	@ TBD	10:00 AM		Owego Free Academy		NL
Jan 13, 2024	Sat	Regular Season (Memorial Tournament @ First Arena)	@ TBD	TBD		TBD		NL
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 17, 2024	Wed	Regular Season (Section IV Duel Meet Tournament)	Corning-Painted Post, Ithaca @ Horseheads	5:30 PM	8:00 PM	HHS HS North Gym		L
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 19, 2024	Fri	Regular Season (STAC Tournament)	@ Horseheads	TBD		HHS MS Gym		L
Jan 20, 2024	Sat	Regular Season (STAC Tournament)	@ Horseheads	TBD		HHS MS Gym		L
Jan 22, 2024	Mon	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		

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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		
Jan 31, 2024	Wed	Regular Season	@ Wellsboro Area HS	6:00 PM		Wellsboro Area HS		NL
Feb 1, 2024	Thu	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Feb 2, 2024	Fri	Regular Season (Senior Night)	@ Union-Endicott	5:30 PM	9:00 PM	UEHS Main Gym		NL
Feb 10, 2024	Sat	Regular Season	@ TBD	TBD		Broome County Arena		L

Date: 2024-05-01