



# 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
Nov 17, 2025	Mon	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Nov 18, 2025	Tue	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Nov 19, 2025	Wed	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Nov 20, 2025	Thu	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Nov 21, 2025	Fri	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Nov 22, 2025	Sat	Practice	N/A	8:45 AM	11:00 AM	EHS Wrestling Room		
Nov 24, 2025	Mon	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Nov 25, 2025	Tue	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Nov 26, 2025	Wed	Practice	N/A	9:00 AM	11:00 AM	EHS Wrestling Room		
Nov 28, 2025	Fri	Practice	N/A	9:00 AM	11:00 AM	EHS Wrestling Room		
Nov 29, 2025	Sat	Practice	N/A	9:00 AM	11:00 AM	EHS Wrestling Room		
Dec 1, 2025	Mon	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Dec 2, 2025	Tue	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Dec 3, 2025	Wed	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Dec 4, 2025	Thu	Practice	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Dec 5, 2025	Fri	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, 2025	Sat	Regular Season (Larry Goodrich)	Odessa-Montour, Owego Apalachin, Deposit (Deposit-Hancock), Dryden, Hannibal, Elmira Heights, Binghamton, Central Valley Academy, Penfield, Groton, Cortland, Whitney Point, Trumansburg @ Newark Valley	10:00 AM		Newark Valley High School		L
Dec 8, 2025	Mon	Practice (Practice)	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Dec 9, 2025	Tue	Practice (Practice)	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Dec 10, 2025	Wed	Regular Season 40-26 W	Ithaca	6:30 PM	8:30 PM	EHS Gym		L
Dec 11, 2025	Thu	Practice (Practice)	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Dec 12, 2025	Fri	Practice (Practice)	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Dec 13, 2025	Sat	Regular Season (Dave Buck)	Central Square	8:00 AM		EHS Gym		NL
Dec 13, 2025	Sat	Regular Season (Boys Dave Buck Memorial Tournament at Elmira High School)	Whitney Point	10:00 AM		EHS Gym		L
Dec 13, 2025	Sat	Regular Season (Elmira Tournament)	Marcellus	10:00 AM		EHS Gym		NL
Dec 15, 2025	Mon	Practice (Practice)	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Dec 16, 2025	Tue	Regular Season	@ Maine-Endwell	6:30 PM		Maine-Endwell HS Gym		L
Dec 17, 2025	Wed	Practice (Practice)	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Dec 18, 2025	Thu	Regular Season	Vestal	6:30 PM		EHS Gym		L
Dec 19, 2025	Fri	Practice (Practice)	N/A	3:45 PM	5:45 PM	EHS Wrestling Room		
Dec 20, 2025	Sat	Regular Season ("B" team quad dual event)	Trumansburg @ Odessa-Montour	10:00 AM		O-M HS Gym		NL
Dec 20, 2025	Sat	Regular Season (Greg Partridge Memorial Duals)	Canisteo-Greenwood, Newark, Addison, Penn Yan @ Corning-Painted Post	10:00 AM		C P P High School		NL
Dec 22, 2025	Mon	Practice	N/A	9:00 AM	10:30 AM	EHS Wrestling Room		
Dec 23, 2025	Tue	Practice	N/A	9:00 AM	10:30 AM	EHS Wrestling Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 26, 2025	Fri	Practice	N/A	9:00 AM	11:00 AM	EHS Wrestling Room		
Dec 26, 2025	Fri	Practice (Practice)	N/A	9:00 AM	11:00 AM	EHS Wrestling Room		
Dec 27, 2025	Sat	Practice	N/A	9:00 AM	11:00 AM	EHS Wrestling Room		
Dec 27, 2025	Sat	Practice (Practice)	N/A	9:00 AM	11:00 AM	EHS Wrestling Room		
Dec 29, 2025	Mon	Practice	N/A	9:00 AM	11:00 AM	EHS Wrestling Room		
Dec 30, 2025	Tue	Practice	N/A	9:00 AM	11:00 AM	EHS Wrestling Room		
Dec 31, 2025	Wed	Practice	N/A	9:00 AM	11:00 AM	EHS Wrestling Room		
Jan 1, 2026	Thu	Practice	N/A	12:00 PM	2:00 PM	EHS Wrestling Room		
Jan 2, 2026	Fri	Regular Season (Oneonta Rotary Tournament 2026)	@ TBD	3:15 PM		Oneonta High School		L
Jan 3, 2026	Sat	Regular Season (Oneonta Rotary Tournament 2026)	@ TBD	8:30 AM		Oneonta High School		L
Jan 7, 2026	Wed	Regular Season	Horseheads	6:30 PM	8:30 PM	EHS Gym		L
Jan 9, 2026	Fri	Regular Season (Annual Southern Tier Memorial Tournament)	@ TBD	10:00 AM		First Arena - LECOM Event Center		L
Jan 10, 2026	Sat	Regular Season (River Hawk Round Robin)	@ TBD	7:30 AM		Owego Free Academy		L
Jan 10, 2026	Sat	Regular Season (Annual Southern Tier Memorial Tournament)	@ TBD	9:00 AM		First Arena - LECOM Event Center		L
Jan 14, 2026	Wed	Regular Season (Senior Night - 5 Seniors)	@ Corning-Painted Post	6:30 PM	8:30 PM	C P P High School		L
Jan 24, 2026	Sat	Regular Season (STAC Varsity Championship)	@ TBD	7:30 AM		Binghamton HS		L
Jan 27, 2026	Tue	Regular Season	Union-Endicott	6:30 PM		EHS Gym		L
Feb 3, 2026	Tue	Regular Season	Binghamton	6:30 PM		EHS Gym		L
Feb 14, 2026	Sat	Regular Season (Sectionals)	@ TBD	8:00 AM		Broome County Arena		L

Date: 2026-02-10