



# Elmira

## (B) 7/8TH Wrestling

### Coaches:

- Ryan Becker, Head Coach
- Christopher Kamas

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 27, 2023	Mon	Practice	N/A	3:45 PM	5:30 PM	EDA Aux. Gym		
Nov 28, 2023	Tue	Practice	N/A	3:45 PM	5:30 PM	EDA Aux. Gym		
Nov 29, 2023	Wed	Practice	N/A	3:45 PM	5:30 PM	EDA Aux. Gym		
Nov 30, 2023	Thu	Practice	N/A	3:45 PM	5:30 PM	EDA Aux. Gym		
Dec 1, 2023	Fri	Practice	N/A	3:45 PM	5:15 PM	EDA Aux. Gym		
Dec 4, 2023	Mon	Practice	N/A	3:45 PM	5:30 PM	EDA Aux. Gym		
Dec 5, 2023	Tue	Practice	N/A	3:45 PM	5:30 PM	EDA Aux. Gym		
Dec 6, 2023	Wed	Practice	N/A	3:45 PM	5:30 PM	EDA Aux. Gym		
Dec 7, 2023	Thu	Practice	N/A	3:45 PM	5:30 PM	EDA Aux. Gym		
Dec 8, 2023	Fri	Practice	N/A	3:45 PM	5:30 PM	EDA Aux. Gym		
Dec 11, 2023	Mon	Practice	N/A	3:45 PM	5:30 PM	EDA Aux. Gym		
Dec 12, 2023	Tue	Practice	N/A	3:45 PM	5:30 PM	EDA Aux. Gym		
Dec 14, 2023	Thu	Practice	N/A	3:45 PM	5:30 PM	EDA Aux. Gym		
Dec 15, 2023	Fri	Practice	N/A	3:45 PM	4:45 PM	EDA Aux. Gym		
Dec 18, 2023	Mon	Practice	N/A	3:45 PM	5:30 PM	EDA Aux. Gym		
Dec 19, 2023	Tue	Regular Season	Ithaca	5:30 PM		EHS Gym		L
Dec 20, 2023	Wed	Practice	N/A	3:45 PM	5:30 PM	EDA Aux. Gym		
Dec 21, 2023	Thu	Practice	N/A	3:45 PM	5:30 PM	EDA Aux. Gym		
Dec 22, 2023	Fri	Practice (Optional Practice)	N/A	3:30 PM	5:30 PM	EDA Aux. Gym		
Dec 26, 2023	Tue	Practice (Optional Practice)	N/A	3:30 PM	5:30 PM	EDA Aux. Gym		
Dec 27, 2023	Wed	Practice (Optional Practice)	N/A	3:30 PM	5:30 PM	EDA Aux. Gym		
CANCELLED Dec 28, 2023	Thu	Practice (Optional Practice)	N/A	3:30 PM	5:30 PM	EDA Aux. Gym		
Dec 29, 2023	Fri	Practice (Optional Practice)	N/A	3:30 PM	5:30 PM	EDA Aux. Gym		
Jan 1, 2024	Mon	Practice (Optional Practice)	N/A	3:30 PM	5:30 PM	EDA Aux. Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 2, 2024	Tue	Practice	N/A	3:45 PM	5:30 PM	EDA Aux. Gym		
Jan 3, 2024	Wed	Practice	N/A	3:45 PM	5:30 PM	EDA Aux. Gym		
Jan 4, 2024	Thu	Regular Season	Horseheads	5:00 PM		EHS Gym		L
CANCELLED Jan 5, 2024	Fri	Practice	N/A	3:45 PM	5:30 PM	EDA Aux. Gym		
Jan 8, 2024	Mon	Practice	N/A	3:45 PM	5:30 PM	EDA Aux. Gym		
Jan 9, 2024	Tue	Practice	N/A	3:45 PM	4:45 PM	EDA Aux. Gym		
Jan 9, 2024	Tue	Regular Season	Binghamton	5:30 PM		EHS Gym		L
Jan 10, 2024	Wed	Practice	N/A	3:45 PM	5:30 PM	EDA Aux. Gym		
Jan 11, 2024	Thu	Practice	N/A	3:45 PM	5:30 PM	EDA Aux. Gym		
Jan 12, 2024	Fri	Practice	N/A	3:45 PM	5:30 PM	EDA Aux. Gym		
Jan 16, 2024	Tue	Practice	N/A	3:45 PM	5:30 PM	EDA Aux. Gym		
Jan 17, 2024	Wed	Practice	N/A	3:45 PM	5:30 PM	EDA Aux. Gym		
Jan 18, 2024	Thu	Practice	N/A	3:45 PM	5:30 PM	EDA Aux. Gym		
Jan 19, 2024	Fri	Practice	N/A	3:45 PM	4:30 PM	EDA Aux. Gym		
Jan 22, 2024	Mon	Practice	N/A	3:45 PM	5:30 PM	EDA Aux. Gym		
Jan 23, 2024	Tue	Practice	N/A	3:45 PM	5:30 PM	EDA Aux. Gym		
Jan 24, 2024	Wed	Practice	N/A	3:45 PM	5:30 PM	EDA Aux. Gym		
Jan 25, 2024	Thu	Practice	N/A	3:45 PM	5:30 PM	EDA Aux. Gym		
Jan 26, 2024	Fri	Practice	N/A	3:45 PM	5:30 PM	EDA Aux. Gym		
Jan 27, 2024	Sat	Regular Season	Horseheads, Ithaca, Corning-Painted Post, Windsor, Norwich, Oneonta, Susquehanna Valley	9:00 AM	5:00 PM	EDA Gym		L
Jan 29, 2024	Mon	Practice	N/A	3:45 PM	5:30 PM	EDA Aux. Gym		
Jan 30, 2024	Tue	Practice	N/A	3:45 PM	5:30 PM	EDA Aux. Gym		
Feb 1, 2024	Thu	Practice	N/A	3:45 PM	4:45 PM	EDA Aux. Gym		
Feb 2, 2024	Fri	Practice	N/A	3:45 PM	4:45 PM	EDA Aux. Gym		

Date: 2024-05-14