



# 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 28, 2022	Mon	Practice	N/A	4:00 PM	5:30 PM	EDA Aux. Gym		
Nov 29, 2022	Tue	Practice	N/A	4:00 PM	5:30 PM	EDA Aux. Gym		
Nov 30, 2022	Wed	Practice	N/A	4:00 PM	5:30 PM	EDA Aux. Gym		
Dec 1, 2022	Thu	Practice	N/A	4:00 PM	5:30 PM	EDA Aux. Gym		
Dec 2, 2022	Fri	Practice	N/A	4:00 PM	5:30 PM	EDA Aux. Gym		
Dec 5, 2022	Mon	Practice	N/A	4:00 PM	5:30 PM	EDA Aux. Gym		
Dec 6, 2022	Tue	Practice	N/A	4:00 PM	5:30 PM	EDA Aux. Gym		
Dec 7, 2022	Wed	Practice	N/A	4:00 PM	5:30 PM	EDA Aux. Gym		
Dec 8, 2022	Thu	Practice	N/A	4:00 PM	5:30 PM	EDA Aux. Gym		
Dec 9, 2022	Fri	Practice	N/A	4:00 PM	5:30 PM	EDA Aux. Gym		
Dec 12, 2022	Mon	Practice	N/A	4:00 PM	5:30 PM	EDA Aux. Gym		
Dec 13, 2022	Tue	Practice	N/A	4:00 PM	5:30 PM	EDA Aux. Gym		
Dec 14, 2022	Wed	Practice	N/A	4:00 PM	5:30 PM	EDA Aux. Gym		
Dec 15, 2022	Thu	Practice	N/A	4:00 PM	5:30 PM	EDA Aux. Gym		
Dec 16, 2022	Fri	Practice	N/A	4:00 PM	5:30 PM	EDA Aux. Gym		
Dec 19, 2022	Mon	Practice	N/A	4:00 PM	5:30 PM	EDA Aux. Gym		
Dec 20, 2022	Tue	Practice	N/A	4:00 PM	5:30 PM	EDA Aux. Gym		
Dec 21, 2022	Wed	Practice	N/A	4:00 PM	5:30 PM	EDA Aux. Gym		
Dec 22, 2022	Thu	Practice	N/A	4:00 PM	5:30 PM	EDA Aux. Gym		
Dec 27, 2022	Tue	Practice	N/A	8:30 AM	10:00 AM	EDA Aux. Gym		
Dec 28, 2022	Wed	Practice	N/A	8:30 AM	10:00 AM	EDA Aux. Gym		
Dec 29, 2022	Thu	Practice	N/A	8:30 AM	10:00 AM	EDA Aux. Gym		
Jan 2, 2023	Mon	Practice	N/A	8:30 AM	10:00 AM	EDA Aux. Gym		
Jan 3, 2023	Tue	Regular Season @ Horseheads		5:30 PM		HHS HS North Gym		L
Jan 4, 2023	Wed	Practice	N/A	4:00 PM	5:30 PM	EDA Aux. Gym		
Jan 5, 2023	Thu	Practice	N/A	4:00 PM	5:30 PM	EDA Aux. Gym		

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CANCELLED Jan 5, 2023	Thu	Regular Season	Binghamton	5:00 PM	6:00 PM	EHS Gym		L
Jan 6, 2023	Fri	Practice	N/A	4:00 PM	5:30 PM	EDA Aux. Gym		
Jan 7, 2023	Sat	Regular Season	Johnson City, Ithaca, Maine-Endwell, Corning- Painted Post, Union-Endicott, Owego Apalachin @ Horseheads	10:00 AM		HHS Middle School Field House Gym		NL
Jan 9, 2023	Mon	Practice	N/A	4:00 PM	5:30 PM	EDA Aux. Gym		
Jan 10, 2023	Tue	Practice	N/A	4:00 PM	5:30 PM	EDA Aux. Gym		
Jan 11, 2023	Wed	Regular Season	@ Maine-Endwell	5:30 PM		Maine-Endwell HS Gym		L
Jan 12, 2023	Thu	Practice	N/A	4:00 PM	5:30 PM	EDA Aux. Gym		
Jan 13, 2023	Fri	Practice	N/A	4:00 PM	4:45 PM	EDA Aux. Gym		
Jan 14, 2023	Sat	Regular Season	Ithaca, Binghamton, Maine-Endwell, Susquehanna Valley, Oneonta, Chenango Forks @ Union-Endicott	9:00 AM	3:00 PM	UEHS Main Gym		L
CANCELLED Jan 16, 2023	Mon	Practice	N/A	8:30 AM	10:00 AM	EDA Aux. Gym		
Jan 17, 2023	Tue	Practice	N/A	4:00 PM	5:30 PM	EDA Aux. Gym		
Jan 18, 2023	Wed	Practice	N/A	4:00 PM	5:30 PM	EDA Aux. Gym		
Jan 19, 2023	Thu	Practice	N/A	4:00 PM	5:30 PM	EDA Aux. Gym		
Jan 20, 2023	Fri	Practice	N/A	4:00 PM	5:30 PM	EDA Aux. Gym		
Jan 23, 2023	Mon	Practice	N/A	4:00 PM	5:30 PM	EDA Aux. Gym		
Jan 24, 2023	Tue	Practice	N/A	4:00 PM	5:30 PM	EDA Aux. Gym		
Jan 25, 2023	Wed	Practice	N/A	4:00 PM	5:30 PM	EDA Aux. Gym		
Jan 26, 2023	Thu	Practice	N/A	4:00 PM	5:30 PM	EDA Aux. Gym		
Jan 27, 2023	Fri	Practice	N/A	4:00 PM	5:30 PM	EDA Aux. Gym		

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Jan 28, 2023	Sat	Regular Season	Union-Endicott, Corning-Painted Post, Chenango Valley, Owego Apalachin, Vestal @ Susquehanna Valley	11:00 AM	1:00 PM	SVHS Gym		L
Jan 30, 2023	Mon	Practice	N/A	4:00 PM	5:30 PM	EDA Aux. Gym		
Jan 31, 2023	Tue	Practice	N/A	4:00 PM	5:30 PM	EDA Aux. Gym		
Feb 1, 2023	Wed	Regular Season	Wellsboro Area HS	5:00 PM	6:00 PM	EHS Gym		L
CANCELLED Feb 2, 2023	Thu	Practice	N/A	4:00 PM	5:30 PM	EDA Aux. Gym		
Feb 2, 2023	Thu	Regular Season	Ithaca	5:00 PM		EHS Gym		L
Feb 3, 2023	Fri	Practice	N/A	4:00 PM	5:30 PM	EDA Aux. Gym		
Feb 4, 2023	Sat	Regular Season (2023 Wyckoff/Riddell Wrestling Invitational)	@ TBD	8:00 AM		Johnson City Elementary/Intermediate		L

Date: 2024-05-14