



## Coaches:

- Nick Palmer, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 15, 2021	Mon	Practice	N/A	2:45 PM	5:30 PM	JCHS Small Gym			
Nov 15, 2021	Mon	Practice	N/A	2:45 PM	5:30 PM	JCHS Small Gym			
Nov 16, 2021	Tue	Practice	N/A	2:45 PM	5:30 PM	JCHS Small Gym			
Nov 17, 2021	Wed	Practice	N/A	2:45 PM	5:30 PM	JCHS Small Gym			
Nov 18, 2021	Thu	Practice	N/A	2:45 PM	5:30 PM	JCHS Small Gym			
Nov 19, 2021	Fri	Practice	N/A	2:45 PM	5:30 PM	JCHS Small Gym			
Nov 20, 2021	Sat	Practice	N/A	8:00 AM	11:30 AM	JCHS Small Gym			
Nov 22, 2021	Mon	Practice	N/A	2:45 PM	5:30 PM	JCHS Small Gym			
Nov 23, 2021	Tue	Practice	N/A	2:45 PM	5:30 PM	JCHS Small Gym			
Nov 24, 2021	Wed	Practice	N/A	9:00 AM	11:00 AM	JCHS Small Gym			
Nov 26, 2021	Fri	Practice	N/A	9:00 AM	11:00 AM	JCHS Small Gym			
Nov 27, 2021	Sat	Practice	N/A	9:00 AM	11:00 AM	JCHS Small Gym			
Nov 29, 2021	Mon	Practice	N/A	2:45 PM	5:30 PM	JCHS Small Gym			
Nov 30, 2021	Tue	Practice	N/A	2:45 PM	5:30 PM	JCHS Small Gym			
Dec 1, 2021	Wed	Regular Season	Binghamton	6:30 PM	9:00 PM	JC HS Large Gym			L
Dec 2, 2021	Thu	Practice	N/A	2:45 PM	5:30 PM	JCHS Small Gym			
Dec 3, 2021	Fri	Regular Season (Clyde Cole Tournament)	@ TBD	5:00 PM	9:00 PM	TBD	<b>Departure Point:</b> HS <b>Departure Time:</b> 2:45 PM		NL
Dec 4, 2021	Sat	Regular Season (Clyde Cole Tournament)	@ TBD	9:30 AM	9:00 PM	TBD	<b>Departure Point:</b> HS <b>Departure Time:</b> 7:00 AM		NL
Dec 7, 2021	Tue	Practice	N/A	2:45 PM	5:30 PM	JCHS Small Gym			
Dec 8, 2021	Wed	Regular Season	Ithaca	6:30 PM	8:00 PM	JC HS Large Gym			L
Dec 9, 2021	Thu	Practice	N/A	2:45 PM	5:30 PM	JCHS Small Gym			
Dec 10, 2021	Fri	Practice	N/A	2:45 PM	5:30 PM	JCHS Small Gym			
Dec 11, 2021	Sat	Practice	N/A	8:00 AM	11:30 AM	JCHS Small Gym			
Dec 13, 2021	Mon	Regular Season	@ Horseheads	6:30 PM	9:00 PM	TBD			L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE
Dec 14, 2021	Tue	Practice	N/A	2:45 PM	5:30 PM	JCHS Small Gym		
Dec 15, 2021	Wed	Practice	N/A	2:45 PM	5:30 PM	JCHS Small Gym		
Dec 17, 2021	Fri	Practice	N/A	2:45 PM	5:00 PM	JCHS Small Gym		
Dec 18, 2021	Sat	Practice	N/A	8:00 AM	11:30 AM	JCHS Small Gym		
Dec 20, 2021	Mon	Practice	N/A	2:45 PM	5:30 PM	JCHS Small Gym		
POSTPONED Dec 21, 2021	Tue	Regular Season	@ Vestal	6:30 PM	9:00 PM	Vestal High School Baseball Field		L
Dec 22, 2021	Wed	Practice	N/A	2:45 PM	5:30 PM	JCHS Small Gym		
Dec 23, 2021	Thu	Practice	N/A	9:00 AM	11:00 AM	JCHS Small Gym		
Dec 27, 2021	Mon	Practice	N/A	9:00 AM	11:00 AM	JCHS Small Gym		
Dec 28, 2021	Tue	Regular Season (Oneonta Tournament)	@ TBD	9:00 AM	TBD	Bus/Driver: Suburban	<b>Departure Point:</b> HS <b>Departure Time:</b> 7:00 AM	NL
Dec 29, 2021	Wed	Practice	N/A	9:00 AM	11:00 AM	JCHS Small Gym		
Dec 30, 2021	Thu	Practice	N/A	9:00 AM	11:00 AM	JCHS Small Gym		
Jan 3, 2022	Mon	Practice	N/A	2:45 PM	5:30 PM	JCHS Small Gym		
Jan 4, 2022	Tue	Practice	N/A	2:45 PM	5:30 PM	JCHS Small Gym		
Jan 5, 2022	Wed	Practice	N/A	2:45 PM	5:30 PM	JCHS Small Gym		
Jan 6, 2022	Thu	Practice	N/A	2:45 PM	5:30 PM	JCHS Small Gym		
Jan 6, 2022	Thu	Regular Season	Union-Endicott	6:30 PM	9:00 PM	JC HS Large Gym		L
Jan 7, 2022	Fri	Practice	N/A	2:45 PM	5:30 PM	JCHS Small Gym		
Jan 8, 2022	Sat	Regular Season (Stan Elinsky Wrestling Tournament)	@ TBD	7:00 AM	TBD		<b>Departure Point:</b> HS <b>Departure Time:</b> 6:00 AM	L
Jan 8, 2022	Sat	Practice	N/A	8:00 AM	11:30 AM	JCHS Small Gym		
Jan 10, 2022	Mon	Practice	N/A	2:45 PM	5:30 PM	JCHS Small Gym		
Jan 11, 2022	Tue	Regular Season	@ Corning-Painted Post	6:30 PM	9:00 PM	C P P High School		L
Jan 12, 2022	Wed	Practice	N/A	2:45 PM	5:30 PM	JCHS Small Gym		
Jan 13, 2022	Thu	Practice	N/A	2:45 PM	5:30 PM	JCHS Small Gym		
Jan 14, 2022	Fri	Practice	N/A	2:45 PM	5:30 PM	JCHS Small Gym		
Jan 15, 2022	Sat	Practice	N/A	8:00 AM	11:30 AM	JCHS Small Gym		
Jan 18, 2022	Tue	Practice	N/A	2:45 PM	5:30 PM	JCHS Small Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE
Jan 19, 2022	Wed	Practice	N/A	2:45 PM	5:30 PM	JCHS Small Gym		
Jan 19, 2022	Wed	Regular Season	@ Maine-Endwell	6:00 PM	9:00 PM	Maine-Endwell HS Gym		L
Jan 20, 2022	Thu	Practice	N/A	2:45 PM	5:30 PM	JCHS Small Gym		
Jan 21, 2022	Fri	Practice	N/A	2:45 PM	5:30 PM	JCHS Small Gym		
Jan 22, 2022	Sat	Practice	N/A	8:00 AM	11:30 AM	JCHS Small Gym		
Jan 22, 2022	Sat	Regular Season (STAC JV Championships)	@ TBD	10:00 AM		EDA Gym	<b>Departure Point: HS</b> <b>Departure Time: 7:00 AM</b>	NL
Jan 24, 2022	Mon	Practice	N/A	2:45 PM	5:30 PM	JCHS Small Gym		
Jan 25, 2022	Tue	Practice	N/A	2:45 PM	5:30 PM	JCHS Small Gym		
Jan 26, 2022	Wed	Practice	N/A	2:45 PM	5:30 PM	JCHS Small Gym		
Jan 27, 2022	Thu	Practice	N/A	2:45 PM	5:30 PM	JCHS Small Gym		
Jan 28, 2022	Fri	Practice	N/A	2:45 PM	5:30 PM	JCHS Small Gym		
Jan 29, 2022	Sat	Practice	N/A	8:00 AM	11:30 AM	JCHS Small Gym		
Jan 31, 2022	Mon	Practice	N/A	2:45 PM	5:30 PM	JCHS Small Gym		
Feb 1, 2022	Tue	Practice	N/A	2:45 PM	5:00 PM	JCHS Small Gym		
Feb 2, 2022	Wed	Practice	N/A	2:45 PM	5:30 PM	JCHS Small Gym		
Feb 2, 2022	Wed	Regular Season	Elmira	6:30 PM	9:00 PM	JC HS Large Gym		L
Feb 3, 2022	Thu	Practice	N/A	2:45 PM	5:00 PM	JCHS Small Gym		
Feb 4, 2022	Fri	Practice	N/A	2:45 PM	5:30 PM	JCHS Small Gym		
Feb 5, 2022	Sat	Practice	N/A	8:00 AM	11:30 AM	JCHS Small Gym		
Feb 7, 2022	Mon	Practice	N/A	2:45 PM	5:30 PM	JCHS Small Gym		
Feb 8, 2022	Tue	Practice	N/A	2:45 PM	5:00 PM	JCHS Small Gym		

Date: 2026-01-10