



Notre Dame, Elmira

(B) V Winter Track

Coaches:

- Cleo Baker

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 13, 2023	Mon	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Nov 14, 2023	Tue	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Nov 15, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Nov 16, 2023	Thu	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Nov 17, 2023	Fri	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Nov 20, 2023	Mon	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Nov 21, 2023	Tue	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Nov 22, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Nov 24, 2023	Fri	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Nov 27, 2023	Mon	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Nov 28, 2023	Tue	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Nov 29, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Nov 30, 2023	Thu	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Dec 1, 2023	Fri	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Dec 3, 2023	Sun	Regular Season (Ithaca Bomber @ Ithaca College)	@ TBD	10:00 AM		Ithaca College Athletic Complex	Departure Time: 7:45 AM	L
Dec 4, 2023	Mon	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Dec 5, 2023	Tue	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Dec 6, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Dec 7, 2023	Thu	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 8, 2023	Fri	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Dec 9, 2023	Sat	Regular Season (Finger Lakes Invitational)	@ TBD	2:00 PM		Cortland State Lusk Field House	Departure Time: 11:45 AM	L
Dec 11, 2023	Mon	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Dec 12, 2023	Tue	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Dec 13, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Dec 14, 2023	Thu	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Dec 15, 2023	Fri	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Dec 16, 2023	Sat	Regular Season (Winter Classic)	@ TBD	9:00 AM		Cortland State Lusk Field House	Departure Time: 6:45 AM	L
Dec 18, 2023	Mon	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Dec 19, 2023	Tue	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Dec 20, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Dec 21, 2023	Thu	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Dec 22, 2023	Fri	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Dec 25, 2023	Mon	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Dec 26, 2023	Tue	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Dec 27, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Dec 28, 2023	Thu	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Dec 29, 2023	Fri	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Jan 2, 2024	Tue	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 3, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Jan 4, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Jan 5, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Jan 5, 2024	Fri	Regular Season (Hurley Invite @ Ithaca College)	@ TBD	5:00 PM		Ithaca College Athletic Complex	Departure Time: 2:45 PM	L
Jan 8, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Jan 10, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Jan 11, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Jan 12, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Jan 13, 2024	Sat	Regular Season (607 Invite)	@ TBD	2:00 PM		Cortland State Lusk Field House	Departure Time: 11:45 PM	L
Jan 15, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Jan 16, 2024	Tue	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Jan 17, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Jan 18, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Jan 19, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Jan 22, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Jan 23, 2024	Tue	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Jan 24, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Jan 25, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Jan 26, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Jan 27, 2024	Sat	Regular Season (Quinney IAC-MAC Invite)	@ TBD	6:00 PM		Cortland State Lusk Field House		L
Jan 29, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 30, 2024	Tue	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Jan 31, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Feb 1, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Feb 2, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Feb 5, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Feb 6, 2024	Tue	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Feb 7, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Feb 8, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Feb 9, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Feb 12, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Feb 13, 2024	Tue	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Feb 14, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Feb 15, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Feb 16, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Feb 17, 2024	Sat	Regular Season (Section 4 Classic)	@ TBD	6:00 PM		Cortland State Lusk Field House		L
Feb 19, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Feb 20, 2024	Tue	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Feb 21, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Feb 22, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Feb 23, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room		
Feb 25, 2024	Sun	Post-Season (Section 4 Championships)	@ TBD	2:00 PM		Cornell University	Departure Time: 12:00 PM	L

Date: 2024-04-23