



# Owego Apalachin (G) V Wrestling

## Coaches:

- James Benjamin, Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 24, 2025	Mon	Practice (GW - Practice)	N/A	3:45 PM	5:45 PM	TBD		
Nov 25, 2025	Tue	Practice (GW - Practice)	N/A	3:45 PM	5:45 PM	TBD		
Nov 26, 2025	Wed	Practice (GW - Practice)	N/A	9:00 AM	11:00 AM	TBD		
Nov 28, 2025	Fri	Practice (GW - Practice)	N/A	9:00 AM	11:00 AM	TBD		
Nov 29, 2025	Sat	Practice (GW - Practice)	N/A	9:00 AM	11:00 AM	TBD		
Dec 1, 2025	Mon	Practice (GW - Practice)	N/A	3:45 PM	5:45 PM	TBD		
Dec 2, 2025	Tue	Practice (GW - Practice)	N/A	3:45 PM	5:45 PM	TBD		
Dec 3, 2025	Wed	Practice (GW - Practice)	N/A	3:45 PM	5:45 PM	TBD		
Dec 4, 2025	Thu	Practice (GW - Practice)	N/A	3:45 PM	5:45 PM	TBD		
Dec 5, 2025	Fri	Regular Season (Newark Valley Girls Wrestling Tournament - NV HS Gym)	@ TBD	4:30 PM		TBD	Departure Time: 3:00 PM	NL
Dec 8, 2025	Mon	Practice (GW - Practice)	N/A	3:45 PM	5:45 PM	TBD		
Dec 9, 2025	Tue	Practice (GW - Practice)	N/A	3:45 PM	5:45 PM	TBD		
Dec 10, 2025	Wed	Practice (GW - Practice)	N/A	3:45 PM	5:45 PM	TBD		
Dec 11, 2025	Thu	Practice (GW - Practice)	N/A	3:45 PM	5:45 PM	TBD		
Dec 12, 2025	Fri	Regular Season (UE Girls Varsity Wrestling Tournament - UE HS)	@ TBD	5:30 PM		TBD	Departure Time: 3:00 PM	NL
Jan 7, 2026	Wed	Regular Season (Dual Tournament)	TBD, Chenango Forks, Johnson City, Windsor @ Oneonta	5:30 PM		Oneonta High School		L
Jan 13, 2026	Tue	Regular Season	Susquehanna Valley	7:15 PM		OFA Gymnasium		NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 19, 2026	Mon	Regular Season (Windsor Tournament)	Groton, Harpursville (I - 88 HORNETS), Spencer-Van Etten (SVEC Eagles), West Genesee, Greene, Elmira, TBD, Corning-Painted Post, Oneonta, Deposit, TBD, Johnson City, TBD, Union-Endicott, TBD, Tioga, Waverly, TBD, Indian River, TBD, TBD, Ithaca, Homer, Burnt Hills-Ballston Lake HS, Sidney, TBD, Susquehanna Valley, Walton (WDA girls wrestling), TBD, Gouverneur @ Windsor	9:30 AM		Windsor High School		NL
Feb 5, 2026	Thu	Regular Season	@ Elmira	7:00 PM		EHS Gym		L

Date: 2025-12-05