



Owego Apalachin (B) 7/8TH Wrestling

Coaches:

- Nick Rodgers
- Gianni Silba
- caleb Monell

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|---|--|------------|----------|-----------------|--------------------------------|---------------------|
| Nov 27, 2023 | Mon | Practice (Modified Wrestling Practice) | N/A | 3:45 PM | 5:45 PM | TBD | | |
| Nov 28, 2023 | Tue | Practice (Modified Wrestling Practice) | N/A | 3:45 PM | 5:45 PM | TBD | | |
| Nov 29, 2023 | Wed | Practice (Modified Wrestling Practice) | N/A | 3:45 PM | 5:45 PM | TBD | | |
| Nov 30, 2023 | Thu | Practice (Modified Wrestling Practice) | N/A | 3:45 PM | 5:45 PM | TBD | | |
| Dec 1, 2023 | Fri | Practice (Modified Wrestling Practice) | N/A | 3:45 PM | 5:45 PM | TBD | | |
| Dec 4, 2023 | Mon | Practice (Modified Wrestling Practice) | N/A | 3:45 PM | 5:45 PM | TBD | | |
| Dec 5, 2023 | Tue | Practice (Modified Wrestling Practice) | N/A | 3:45 PM | 5:45 PM | TBD | | |
| Dec 6, 2023 | Wed | Practice (Modified Wrestling Practice) | N/A | 3:45 PM | 5:45 PM | TBD | | |
| Dec 7, 2023 | Thu | Practice (Modified Wrestling Practice) | N/A | 3:45 PM | 5:45 PM | TBD | | |
| Dec 8, 2023 | Fri | Practice (Modified Wrestling Practice) | N/A | 3:45 PM | 5:45 PM | TBD | | |
| Dec 11, 2023 | Mon | Practice (Modified Wrestling Practice) | N/A | 3:45 PM | 5:45 PM | TBD | | |
| Dec 12, 2023 | Tue | Practice (Modified Wrestling Practice) | N/A | 3:45 PM | 5:45 PM | TBD | | |
| Dec 13, 2023 | Wed | Practice (Modified Wrestling Practice) | N/A | 3:45 PM | 5:45 PM | TBD | | |
| Dec 14, 2023 | Thu | Practice (Modified Wrestling Practice) | N/A | 3:45 PM | 5:45 PM | TBD | | |
| Dec 15, 2023 | Fri | Practice (Modified Wrestling Practice) | N/A | 3:45 PM | 5:45 PM | TBD | | |
| Dec 16, 2023 | Sat | Regular Season | Windsor, Norwich, Oneonta, Waverly, Chenango Forks, Chenango Valley @ Susquehanna Valley | 10:00 AM | 2:00 PM | SVHS Gym | Departure Time: 8:00 AM | L |
| Dec 18, 2023 | Mon | Practice (Modified Wrestling Practice) | N/A | 3:45 PM | 5:45 PM | TBD | | |
| Dec 19, 2023 | Tue | Practice (Modified Wrestling Practice) | N/A | 3:45 PM | 5:45 PM | TBD | | |
| Dec 20, 2023 | Wed | Practice (Modified Wrestling Practice) | N/A | 3:45 PM | 5:45 PM | TBD | | |
| Dec 21, 2023 | Thu | Practice (Modified Wrestling Practice) | N/A | 3:45 PM | 5:45 PM | TBD | | |
| Jan 27, 2024 | Sat | Regular Season (Modified Wrestling Invite) | Vestal, Maine-Endwell, Binghamton, Union-Endicott, Chenango Forks, Chenango Valley, Waverly @ Johnson City | 9:00 AM | 1:00 PM | JC HS Large Gym | Departure Time: 7:45 AM | L |
| Feb 3, 2024 | Sat | Regular Season (2024 Wyckoff-Riddell Mod Wrestling Invitational - @ Binghamton High School) | TBD | 9:30 AM | | TBD | Departure Time: 7:45 AM | NL |

Date: 2024-04-30