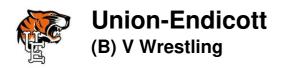
Coaches:



- JJ Stanbro
- Corey Munn

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 13, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room			
Nov 14, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room			
Nov 15, 2023	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room			
Nov 16, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room			
Nov 17, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room			
Nov 20, 2023	Mon	Practice (Weight Certification)	N/A	3:30 PM	5:30 PM	TBD	Bus/Driver: DB1	Departure Point: UEHS Upper Parking Lot Departure Time: 3:30 PM Return Date: Return Time: 5:30 PM	
Nov 20, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room			
Nov 21, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room			
Nov 22, 2023	Wed	Practice	N/A	8:00 AM	10:00 AM	UEHS Frank Sorochinsky Wrestling Room			
Nov 24, 2023	Fri	Practice	N/A	8:00 AM	10:00 AM	UEHS Frank Sorochinsky Wrestling Room			
Nov 27, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room			
Nov 28, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room			
Nov 29, 2023	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 30, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room		
Dec 1, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room		
Dec 2, 2023	Sat	Practice	N/A	8:00 AM	10:00 AM	UEHS Frank Sorochinsky Wrestling Room		
Dec 4, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room		
Dec 5, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room		
Dec 7, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room		
Dec 8, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room		
Dec 11, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room		
Dec 12, 2023	Tue	Regular Season 46-30 W	Binghamton	6:30 PM	9:00 PM	UEHS Main Gym		L
Dec 13, 2023	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room		
Dec 14, 2023	Thu	Regular Season 27-42 L	Susquehanna Valley	6:30 PM		UEHS Main Gym		NL
Dec 15, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room		
Dec 16, 2023	Sat	Regular Season (Girls/JV Tournament)	Spencer-Van Etten (SVEC Eagles)	TBD		UEHS Main Gym		L
Dec 18, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room		
Dec 19, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room		
Dec 21, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE DEPARTURE TRANSPORTATION / NON- LEAGUE
Dec 22, 2023	Fri	Practice	N/A	8:00 AM	10:00 AM	UEHS Frank Sorochinsky Wrestling Room	
Dec 23, 2023	Sat	Practice	N/A	8:00 AM	10:00 AM	UEHS Frank Sorochinsky Wrestling Room	
Dec 26, 2023	Tue	Practice	N/A	8:00 AM	10:00 AM	UEHS Frank Sorochinsky Wrestling Room	
Dec 27, 2023	Wed	Practice	N/A	8:00 AM	10:00 AM	UEHS Frank Sorochinsky Wrestling Room	
Dec 28, 2023	Thu	Practice	N/A	8:00 AM	10:00 AM	UEHS Frank Sorochinsky Wrestling Room	
Dec 29, 2023	Fri	Practice	N/A	8:00 AM	10:00 AM	UEHS Frank Sorochinsky Wrestling Room	
Jan 2, 2024	Tue	Practice	N/A	8:00 AM	10:00 AM	UEHS Frank Sorochinsky Wrestling Room	
Jan 3, 2024	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room	
Jan 5, 2024	Fri	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room	
Jan 8, 2024	Mon	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room	
Jan 9, 2024	Tue	Regular Season 17-60 L	Maine- Endwell	6:30 PM	9:00 PM	UEHS Main Gym	L
Jan 10, 2024	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room	
Jan 11, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room	
Jan 12, 2024	Fri	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room	
Jan 15, 2024	Mon	Practice	N/A	8:00 AM	10:00 AM	UEHS Frank Sorochinsky Wrestling Room	
Jan 15, 2024	Mon	Practice	N/A	TBD		UEHS Frank Sorochinsky Wrestling Room	

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON- LEAGUE
Jan 16, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room		
Jan 17, 2024	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room		
Jan 18, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room		
Jan 22, 2024	Mon	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room		
POSTPONED Jan 23, 2024	Tue	Regular Season	Horseheads	5:30 PM	9:00 PM	UEHS Main Gym		NL
Jan 24, 2024	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room		
Jan 25, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room		
Jan 26, 2024	Fri	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room		
Jan 29, 2024	Mon	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room		
Jan 31, 2024	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room		
Feb 1, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room		
Feb 2, 2024	Fri	Regular Season (Senior Night)	Elmira	5:30 PM	9:00 PM	UEHS Main Gym		NL
Feb 27, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room		
Feb 29, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room		
Mar 5, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room		
Mar 6, 2024	Wed	Practice	N/A	6:00 PM	8:00 PM	UEHS Frank Sorochinsky Wrestling Room		

DATE	WEEK DAY TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON- LEAGUE
Mar 7, 2024	Thu Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room		
Mar 13, 2024	Wed Practice	N/A	6:00 PM	8:00 PM	UEHS Frank Sorochinsky Wrestling Room		
Mar 20, 2024	Wed Practice	N/A	6:00 PM	8:00 PM	UEHS Frank Sorochinsky Wrestling Room		
Mar 27, 2024	Wed Practice	N/A	6:00 PM	8:00 PM	UEHS Frank Sorochinsky Wrestling Room		
Apr 10, 2024	Wed Practice	N/A	6:00 PM	8:00 PM	UEHS Frank Sorochinsky Wrestling Room		
Apr 17, 2024	Wed Practice	N/A	6:00 PM	8:00 PM	UEHS Frank Sorochinsky Wrestling Room		
Apr 24, 2024	Wed Practice	N/A	6:00 PM	8:00 PM	UEHS Frank Sorochinsky Wrestling Room		

Date: 2024-05-19