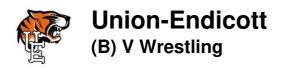
## Coaches:



- 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	Wrestling Room			
Nov 27, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room			

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
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			
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 2, 2023	Sat	Regular Season (2023 Matthew Marino Invitational)	@ TBD	TBD		Webster Schroeder High School	Bus/Driver: DB1	Departure Point: UEHS Upper Parking Lot Departure Time: 5:30 AM	NL
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 6, 2023	Wed	Regular Season 30-46 L	@ Corning- Painted Post	6:30 PM		C P P High School	<b>Bus/Driver:</b> DB1	Departure Point: UEHS Upper Parking Lot Departure Time: 3:45 PM Return Date: Return Time: 9:00 PM	NL
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			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Dec 9, 2023	Sat	Regular Season	Altmar-Parish-Williamstown (APW/Pulaski), Auburn, Baldwinsville, Cazenovia, Fayetteville-Manlius, Grand Island, Holland Patent, Mexico, New Hartford, Palmyra-Macedon, Oswego, Rush Henrietta, Whitesboro, Vernon-Verona-Sherrill, Syracuse City (Syracuse City) @ Phoenix	9:00 AM	5:00 PM	JCB Gym			NL
Dec 9, 2023	Sat	Regular Season (Phoenix Round Robin Wrestling Tournament)		TBD		Phoenix High School	Bus/Driver: DB1	Departure Point: UEHS Upper Parking Lot Departure Time: 6:00 AM	NL
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			

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Dec 20, 2023	Wed	Regular Season 39-30 W	@ Vestal	6:30 PM	9:00 PM	Vestal High School Gym	<b>Bus/Driver:</b> DB1	Departure Point: UEHS Upper Parking Lot Departure Time: 4:30 PM Return Date: Return Time: 9:00 PM	L
Dec 21, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room			
Dec 22, 2023	Fri	Practice	N/A	8:00 AM	10:00 AM	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	Regular Season (66th Windsor Christmas Tournament)	@ TBD	8:00 AM		Windsor High School	Bus/Driver: DB1	Departure Point: UEHS Upper Parking Lot Departure Time: 7:00 AM	NL
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			
Dec 29, 2023	Fri	Regular Season (66th Windsor Christmas Tournament)	@ TBD	8:00 AM		Windsor High School	Bus/Driver: DB1	Departure Point: UEHS Upper Parking Lot Departure Time: 6:45 AM	NL
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			

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jan 4, 2024	Thu	Regular Season 30-16 W	@ Johnson City	6:30 PM	9:00 PM	JC HS Large Gym	<b>Bus/Driver:</b> DB1	Departure Point: UEHS Upper Parking Lot Departure Time: 4:30 PM Return Date: Return Time: 9:00 PM	L
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 12, 2024	Fri	Regular Season (Southern Tier Memorial Tournament)	@ TBD	TBD		First Arena	Bus/Driver: DB1	Departure Point: UEHS Upper Parking Lot Departure Time: 12:00 PM	NL
Jan 13, 2024	Sat	Regular Season (Southern Tier Memorial Tournament)	@ TBD	TBD		First Arena	Bus/Driver: DB1	Departure Point: UEHS Upper Parking Lot Departure Time: 7:00 AM	L
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			
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			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	/ NO
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 30, 2024	Tue	Regular Season (Senior Night)	@ Ithaca	6:30 PM		IHS Bliss Gym (C149)			L
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 10, 2024	Sat	Post-Season (Section IV Tournament)	@ TBD	8:30 AM	9:00 PM	Visions Veterans Memorial Arena	<b>Bus/Driver:</b> DB1	Departure Point: UEHS Upper Parking Lot Departure Time: 6:40 AM Return Date: Return Time: 9:00 PM	L
Feb 23, 2024	Fri	Post-Season (State Championships)	@ TBD	TBD		MVP Arena			L
Feb 24, 2024	Sat	Post-Season	@ TBD	TBD		MVP Arena			L
Feb 27, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room			

DATE	WEEK DAY	<sup>(</sup> ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON- LEAGUE
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		
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: 2025-12-05