

Coaches:

- JJ Stanbro
- Corey MunnMichael Carr

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE DEPARTURE TRANSPORTATION / NON- LEAGUE
Dec 2, 2024	Mon	Practice	· N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room	
Dec 2, 2024	Mon	Practice	· N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym	
Dec 3, 2024	Tue	Practice	e N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room	
Dec 3, 2024	Tue	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym	
Dec 4, 2024	Wed	Practice	N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room	
Dec 4, 2024	Wed	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym	
Dec 5, 2024	Thu	Practice	N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room	
Dec 5, 2024	Thu	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym	
Dec 6, 2024	Fri	Practice	N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room	
Dec 6, 2024	Fri	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym	
Dec 9, 2024	Mon	Practice	N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room	
Dec 9, 2024	Mon	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym	
Dec 10, 2024	Tue	Practice	N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room	
Dec 10, 2024	Tue	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym	
Dec 11, 2024	Wed	Practice	N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room	
Dec 11, 2024	Wed	Practice	· N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym	
Dec 12, 2024	Thu	Practice	· N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room	
Dec 12, 2024	Thu	Practice	· N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym	

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Dec 13, 2024	Fri	Practice	N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room			
Dec 13, 2024	Fri	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym			
Dec 14, 2024	Sat		Vestal, Maine- Endwell, Binghamton, Johnson City, Elmira, Corning- Painted Post, Ithaca @ Horseheads	10:00 AM	8:00 PM	HHS HS North Gym	Bus/Driver: DB1	Departure Point: UEHS Upper Parking Lot Departure Time: 8:00 AM Return Date: Return Time: 2:00 PM	L
Dec 16, 2024	Mon	Practice	N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room			
Dec 16, 2024	Mon	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym			
Dec 17, 2024	Tue	Practice	N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room			
Dec 17, 2024	Tue	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym			
Dec 18, 2024	Wed	Practice	N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room			
Dec 18, 2024	Wed	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym			
Dec 19, 2024	Thu	Practice	N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room			
Dec 19, 2024	Thu	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym			
Dec 20, 2024	Fri	Practice	N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room			
Dec 20, 2024	Fri	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym			
Dec 23, 2024	Mon	Practice	N/A	10:30 AM	12:00 PM	UEHS Frank Sorochinsky Wrestling Room			
Dec 23, 2024	Mon	Practice	N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room			
Dec 23, 2024	Mon	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym			
Dec 24, 2024	Tue	Practice	N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room			
Dec 24, 2024	Tue	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym			
Dec 25, 2024	Wed	Practice	N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE DEPARTURE TRANSPORTATION / NON- LEAGUE
Dec 25, 2024	Wed	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym	
Dec 26, 2024	Thu	Practice	N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room	
Dec 26, 2024	Thu	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym	
Dec 27, 2024	Fri	Practice	N/A	10:30 AM	12:00 PM	UEHS Frank Sorochinsky Wrestling Room	
Dec 27, 2024	Fri	Practice	N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room	
Dec 27, 2024	Fri	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym	
Dec 30, 2024	Mon	Practice	N/A	10:30 AM	12:00 PM	UEHS Frank Sorochinsky Wrestling Room	
Dec 30, 2024	Mon	Practice	N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room	
Dec 30, 2024	Mon	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym	
Dec 31, 2024	Tue	Practice	N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room	
Dec 31, 2024	Tue	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym	
Jan 1, 2025	Wed	Practice	N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room	
Jan 1, 2025	Wed	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym	
Jan 2, 2025	Thu	Practice	N/A	10:30 AM	12:00 PM	UEHS Frank Sorochinsky Wrestling Room	
Jan 2, 2025	Thu	Practice	N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room	
Jan 2, 2025	Thu	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym	
Jan 3, 2025	Fri	Practice	N/A	10:30 AM	12:00 PM	UEHS Frank Sorochinsky Wrestling Room	
Jan 3, 2025	Fri	Practice	N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room	
Jan 3, 2025	Fri	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jan 6, 2025	Mon	Practice	N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room			
Jan 6, 2025	Mon	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym			
Jan 7, 2025	Tue	Practice	N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room			
Jan 7, 2025	Tue	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym			
Jan 8, 2025	Wed	Practice	N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room			
Jan 8, 2025	Wed	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym			
Jan 9, 2025	Thu	Practice	N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room			
Jan 9, 2025	Thu	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym			
Jan 10, 2025	Fri	Practice	N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room			
Jan 10, 2025	Fri	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym			
Jan 11, 2025	Sat	Regular Season	Norwich, Oneonta, Susquehanna Valley, Windsor, Vestal, Binghamton, Johnson City @ Maine-Endwell	9:00 AM		Maine-Endwell HS Gym	Bus/Driver: DB1	Departure Point: UEHS Upper Parking Lot Departure Time: 8:00 AM Return Date: Return Time: 1:00 PM	L
Jan 13, 2025	Mon	Practice	N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room			
Jan 13, 2025	Mon	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym			
Jan 14, 2025	Tue	Practice	N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room			
Jan 14, 2025	Tue	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym			
Jan 14, 2025	Tue	Regular Season	Corning-Painted Post	6:00 PM	9:30 PM	UEHS Main Gym			NL
Jan 15, 2025	Wed	Practice	N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room			
Jan 15, 2025	Wed	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym			
Jan 16, 2025	Thu	Practice	N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room			

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Jan 16, 2025	Thu	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym	
Jan 17, 2025	Fri	Practice	N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room	
Jan 17, 2025	Fri	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym	
Jan 18, 2025	Sat	Regular Season	Johnson City, Chenango Valley, Binghamton, Vestal, Owego Apalachin, Maine- Endwell, Waverly @ Chenango Forks	9:00 AM	12:00 PM	High School - Gym	L
Jan 20, 2025	Mon	Practice	N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room	
Jan 20, 2025	Mon	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym	
Jan 21, 2025	Tue	Practice	N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room	
Jan 21, 2025	Tue	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym	
Jan 22, 2025	Wed	Practice	N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room	
Jan 22, 2025	Wed	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym	
Jan 23, 2025	Thu	Practice	N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room	
Jan 23, 2025	Thu	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym	
Jan 24, 2025	Fri	Practice	N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room	
Jan 24, 2025	Fri	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym	
Jan 27, 2025	Mon	Practice	N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room	
Jan 27, 2025	Mon	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym	
Jan 28, 2025	Tue	Practice	N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room	
Jan 28, 2025	Tue	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym	
Jan 29, 2025	Wed	Practice	N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON- LEAGUE
Jan 29, 2025	Wed	Practice	· N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym		
Jan 30, 2025	Thu	Practice	· N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room		
Jan 30, 2025	Thu	Practice	· N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym		
Jan 31, 2025	Fri	Practice	· N/A	3:00 PM	4:00 PM	Jennie F Snapp Work Out Room		
Jan 31, 2025	Fri	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym		
Feb 3, 2025	Mon	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym		
Feb 4, 2025	Tue	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym		
Feb 5, 2025	Wed	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym		
Feb 6, 2025	Thu	Practice		4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym		
POSTPONED Feb 6, 2025	Thu	Regular Season	Ithaca	5:30 PM	9:00 PM	UEHS Main Gym		L
Feb 7, 2025	Fri	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym		
Feb 10, 2025	Mon	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym		
Feb 11, 2025	Tue	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym		
Feb 12, 2025	Wed	Practice	N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym		
Feb 13, 2025	Thu	Practice	· N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym		
Feb 14, 2025	Fri	Practice	· N/A	4:00 PM	5:15 PM	Jennie F Snapp MS Small Gym		

Date: 2025-12-05