



Vestal

(B) V Wrestling

Coaches:

- Chris Musser
- Brad Cook

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 12, 2023	Tue	Practice (Wrestling Workouts)	N/A	6:30 PM	8:00 PM	VHS Wrestling Room		
Sep 14, 2023	Thu	Practice (Wrestling Workouts)	N/A	6:30 PM	8:00 PM	VHS Wrestling Room		
Sep 19, 2023	Tue	Practice (Wrestling Workouts)	N/A	6:30 PM	8:00 PM	VHS Wrestling Room		
Sep 21, 2023	Thu	Practice (Wrestling Workouts)	N/A	6:30 PM	8:00 PM	VHS Wrestling Room		
Sep 26, 2023	Tue	Practice (Wrestling Workouts)	N/A	6:30 PM	8:00 PM	VHS Wrestling Room		
Sep 28, 2023	Thu	Practice (Wrestling Workouts)	N/A	6:30 PM	8:00 PM	VHS Wrestling Room		
Oct 3, 2023	Tue	Practice (Wrestling Workouts)	N/A	6:30 PM	8:00 PM	VHS Wrestling Room		
Oct 5, 2023	Thu	Practice (Wrestling Workouts)	N/A	6:30 PM	8:00 PM	VHS Wrestling Room		
Oct 10, 2023	Tue	Practice (Wrestling Workouts)	N/A	6:30 PM	8:00 PM	VHS Wrestling Room		
Oct 12, 2023	Thu	Practice (Wrestling Workouts)	N/A	6:30 PM	8:00 PM	VHS Wrestling Room		
Oct 17, 2023	Tue	Practice (Wrestling Workouts)	N/A	6:30 PM	8:00 PM	VHS Wrestling Room		
Oct 19, 2023	Thu	Practice (Wrestling Workouts)	N/A	6:30 PM	8:00 PM	VHS Wrestling Room		
Oct 24, 2023	Tue	Practice (Wrestling Workouts)	N/A	6:30 PM	8:00 PM	VHS Wrestling Room		
Oct 26, 2023	Thu	Practice (Wrestling Workouts)	N/A	6:30 PM	8:00 PM	VHS Wrestling Room		
Oct 31, 2023	Tue	Practice (Wrestling Workouts)	N/A	6:30 PM	8:00 PM	VHS Wrestling Room		
Nov 2, 2023	Thu	Practice (Wrestling Workouts)	N/A	6:30 PM	8:00 PM	VHS Wrestling Room		
Nov 7, 2023	Tue	Practice (Wrestling Workouts)	N/A	6:30 PM	8:00 PM	VHS Wrestling Room		
Nov 9, 2023	Thu	Practice (Wrestling Workouts)	N/A	6:30 PM	8:00 PM	VHS Wrestling Room		
Nov 13, 2023	Mon	Practice (PRACTICE)	N/A	3:30 PM	5:30 PM	VHS Wrestling Room		
Nov 14, 2023	Tue	Practice (PRACTICE)	N/A	3:30 PM	5:30 PM	VHS Wrestling Room		
Nov 15, 2023	Wed	Practice (LIFT)	N/A	3:00 PM	4:00 PM	Vestal High School Fitness Center		
Nov 15, 2023	Wed	Practice (PRACTICE)	N/A	4:00 PM	5:30 PM	VHS Wrestling Room		
Nov 16, 2023	Thu	Practice (PRACTICE)	N/A	3:30 PM	5:30 PM	VHS Wrestling Room		
Nov 17, 2023	Fri	Practice (PRACTICE)	N/A	3:30 PM	5:30 PM	VHS Wrestling Room		
Nov 18, 2023	Sat	Practice (PRACTICE)	N/A	9:00 AM	11:00 PM	VHS Wrestling Room		
Nov 20, 2023	Mon	Practice (LIFT)	N/A	3:00 PM	4:00 PM	Vestal High School Fitness Center		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 20, 2023	Mon	Practice	N/A	5:30 PM	8:00 PM	Chenango Forks	Departure Point: Stadium Loop Departure Date: Nov 20, 2023	
Nov 21, 2023	Tue	Practice (PRACTICE)	N/A	3:30 PM	5:30 PM	VHS Wrestling Room		
POSTPONED Nov 22, 2023	Wed	Practice (LIFT)	N/A	3:00 PM	4:00 PM	Vestal High School Fitness Center		
Nov 22, 2023	Wed	Practice (PRACTICE)	N/A	4:00 PM	5:30 PM	VHS Wrestling Room		
CANCELLED Nov 23, 2023	Thu	Practice (PRACTICE)	N/A	3:30 PM	5:30 PM	VHS Wrestling Room		
Nov 24, 2023	Fri	Practice (PRACTICE)	N/A	9:30 AM	11:00 AM	VHS Wrestling Room		
Nov 28, 2023	Tue	Practice (PRACTICE)	N/A	3:30 PM	5:30 PM	VHS Wrestling Room		
Nov 29, 2023	Wed	Practice (LIFT)	N/A	3:00 PM	4:00 PM	Vestal High School Fitness Center		
Nov 29, 2023	Wed	Practice (PRACTICE)	N/A	4:00 PM	5:30 PM	VHS Wrestling Room		
Nov 30, 2023	Thu	Practice (PRACTICE)	N/A	3:30 PM	5:30 PM	VHS Wrestling Room		
Dec 4, 2023	Mon	Practice	N/A	3:00 PM	4:00 PM	Vestal High School Fitness Center		
Dec 4, 2023	Mon	Practice	N/A	4:00 PM	5:30 PM	VHS Wrestling Room		
Dec 5, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	VHS Wrestling Room		
Dec 6, 2023	Wed	Practice	N/A	3:00 PM	4:00 PM	Vestal High School Fitness Center		
Dec 6, 2023	Wed	Practice	N/A	4:00 PM	5:30 PM	VHS Wrestling Room		
Dec 7, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	VHS Wrestling Room		
Dec 8, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	VHS Wrestling Room		
Dec 11, 2023	Mon	Practice	N/A	3:00 PM	4:00 PM	Vestal High School Fitness Center		
Dec 11, 2023	Mon	Practice	N/A	4:00 PM	5:30 PM	VHS Wrestling Room		
Dec 12, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	VHS Wrestling Room		
Dec 13, 2023	Wed	Practice	N/A	3:00 PM	4:00 PM	Vestal High School Fitness Center		
Dec 13, 2023	Wed	Practice	N/A	4:00 PM	5:30 PM	VHS Wrestling Room		
Dec 14, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	VHS Wrestling Room		
Dec 20, 2023	Wed	Regular Season 30-39 L	Union-Endicott	6:30 PM	9:00 PM	Vestal High School Gym		L
Dec 22, 2023	Fri	Practice	N/A	9:30 AM	11:00 AM	VHS Wrestling Room		
Dec 27, 2023	Wed	Practice	N/A	9:30 AM	11:00 AM	VHS Wrestling Room		
Dec 28, 2023	Thu	Practice	N/A	9:30 AM	11:00 AM	VHS Wrestling Room		
Dec 29, 2023	Fri	Practice	N/A	9:30 AM	11:00 AM	VHS Wrestling Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 2, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	VHS Wrestling Room		
Jan 3, 2024	Wed	Practice	N/A	3:30 PM	5:30 PM	VHS Wrestling Room		
Jan 5, 2024	Fri	Practice	N/A	3:30 PM	5:30 PM	VHS Wrestling Room		
Jan 8, 2024	Mon	Practice	N/A	3:30 PM	5:30 PM	VHS Wrestling Room		
Jan 9, 2024	Tue	Regular Season 53-15 W	Johnson City	6:30 PM	9:00 PM	Vestal High School Gym		L
Jan 10, 2024	Wed	Practice	N/A	3:30 PM	5:30 PM	VHS Wrestling Room		
Jan 11, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	VHS Wrestling Room		
Jan 12, 2024	Fri	Practice	N/A	3:30 PM	5:30 PM	VHS Wrestling Room		
POSTPONED Jan 17, 2024	Wed	Regular Season	Ithaca	6:00 PM		Vestal High School Gym		L
Jan 23, 2024	Tue	Practice	N/A	3:00 PM	5:30 PM	VHS Wrestling Room		
Jan 24, 2024	Wed	Practice	N/A	3:00 PM	5:30 PM	VHS Wrestling Room		
Jan 25, 2024	Thu	Practice	N/A	3:00 PM	5:30 PM	VHS Wrestling Room		
Jan 26, 2024	Fri	Practice	N/A	3:00 PM	5:30 PM	VHS Wrestling Room		
Jan 29, 2024	Mon	Practice	N/A	3:00 PM	5:30 PM	VHS Wrestling Room		
Jan 30, 2024	Tue	Practice	N/A	3:00 PM	5:30 PM	VHS Wrestling Room		
Jan 31, 2024	Wed	Practice	N/A	3:00 PM	5:30 PM	VHS Wrestling Room		
Feb 1, 2024	Thu	Practice	N/A	3:00 PM	5:30 PM	VHS Wrestling Room		
Feb 2, 2024	Fri	Practice	N/A	3:00 PM	5:30 PM	VHS Wrestling Room		
Feb 7, 2024	Wed	Practice	N/A	3:30 PM	5:30 PM	VHS Wrestling Room		
Mar 27, 2024	Wed	Practice (Wrestling Practice)	N/A	6:00 PM	7:30 PM	VHS Wrestling Room		
Mar 27, 2024	Wed	Practice (Wrestling Practice)	N/A	6:00 PM	7:30 PM	VHS Wrestling Room		
CANCELLED Apr 3, 2024	Wed	Practice (Wrestling Practice)	N/A	6:00 PM	7:30 PM	VHS Wrestling Room		
Apr 10, 2024	Wed	Practice (Wrestling Practice)	N/A	6:00 PM	7:30 PM	VHS Wrestling Room		
Apr 17, 2024	Wed	Practice (Wrestling Practice)	N/A	6:00 PM	7:30 PM	VHS Wrestling Room		
Apr 24, 2024	Wed	Practice (Wrestling Practice)	N/A	6:00 PM	7:30 PM	VHS Wrestling Room		
May 1, 2024	Wed	Practice (Wrestling Practice)	N/A	6:00 PM	7:30 PM	VHS Wrestling Room		
May 8, 2024	Wed	Practice (Wrestling Practice)	N/A	6:00 PM	7:30 PM	VHS Wrestling Room		
May 15, 2024	Wed	Practice (Wrestling Practice)	N/A	6:00 PM	7:30 PM	VHS Wrestling Room		
May 22, 2024	Wed	Practice (Wrestling Practice)	N/A	6:00 PM	7:30 PM	VHS Wrestling Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
May 29, 2024	Wed	Practice (Wrestling Practice)	N/A	6:00 PM	7:30 PM	VHS Wrestling Room		

Date: 2024-05-07