



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 | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|------------------------|----------|--|-----------|------------|----------|-----------------------------------|---|--|
| 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 | | |
| 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 1, 2023 | Fri | Regular Season (Clyde Cole Tournament) | @ TBD | 3:30 PM | | Oxford Academy & Central School | Departure Time: 2:15 PM | L |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|-------------|----------|--|--|------------|----------|-----------------------------------|--------------------------------|---------------------|
| Dec 1, 2023 | Fri | Regular Season (60th Annual Clyde Cole Tournament Day 1) | Spencer-Van Etten (SVEC Eagles), Averill Park High School, Bainbridge Guilford (Bears), Carthage, Chenango Valley, Johnson City, Marathon, Norwich, Queensbury, Shenendehowa High School, Sherburne-Earlville, Sidney, Walton (WDA) @ Oxford (Greene/Oxford) | 5:30 PM | | Oxford High School Gym | | L |
| Dec 2, 2023 | Sat | Regular Season (Clyde Cole Tournament) | @ TBD | 8:00 AM | | Oxford Academy & Central School | Departure Time: 6:45 AM | L |
| Dec 2, 2023 | Sat | Regular Season (60th Annual Clyde Cole Tournament Day 2) | Spencer-Van Etten (SVEC Eagles), Averill Park High School, Bainbridge Guilford (Bears), Carthage, Chenango Valley, Johnson City, Marathon, Norwich, Queensbury, Shenendehowa High School, Sherburne-Earlville, Sidney, Walton (WDA) @ Oxford (Greene/Oxford) | 9:30 AM | | Oxford High School Gym | | L |
| 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 9, 2023 | Sat | Regular Season (Greg Partridge Tournament) | Greece Christian, Rochester, Fulton, Pittsford Mendon, Addison @ Corning-Painted Post | 10:00 AM | | C P P High School | | NL |
| Dec 9, 2023 | Sat | Regular Season (Greg Partridge Memorial Duals) | @ TBD | TBD | | Corning High School | Departure Time: 6:15 AM | L |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|------------------------|----------------|------------|----------|-----------------------------------|--------------------------------|---------------------|
| 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 15, 2023 | Fri | Regular Season 15-60 L | @ Elmira | 6:30 PM | | EHS Gym | Departure Time: 4:00 PM | L |
| Dec 20, 2023 | Wed | Regular Season 30-39 L | Union-Endicott | 6:30 PM | 9:00 PM | Vestal High School Gym | | L |
| Dec 21, 2023 | Thu | Regular Season 30-41 L | @ Windsor | 6:00 PM | | Windsor High School | Departure Time: 4:30 PM | NL |
| Dec 22, 2023 | Fri | Practice | N/A | 9:30 AM | 11:00 AM | VHS Wrestling Room | | |
| Dec 23, 2023 | Sat | Regular Season | @ TBD | TBD | | Horseheads High School | Departure Time: 8:30 AM | L |
| 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 | | |
| 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 4, 2024 | Thu | Regular Season 54-18 W | @ Binghamton | 6:30 PM | 9:00 PM | Binghamton High School Gym | Departure Time: 4:30 PM | L |
| 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 | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|------------------------|----------|--|-----------------|------------|----------|--------------------------|------------------------------------|---------------------|
| Jan 11, 2024 | Thu | Practice | N/A | 3:30 PM | 5:30 PM | VHS Wrestling Room | | |
| Jan 11, 2024 | Thu | Regular Season | @ Maine-Endwell | 6:30 PM | 9:00 PM | Maine-Endwell HS Gym | Departure Time: 4:30 PM | L |
| Jan 12, 2024 | Fri | Practice | N/A | 3:30 PM | 5:30 PM | VHS Wrestling Room | | |
| Jan 12, 2024 | Fri | Regular Season (Southern Tier Memorial Tournament) | @ TBD | TBD | | First Arena Elmira | Departure Time: 11:30 AM | L |
| Jan 13, 2024 | Sat | Regular Season (Southern Tier Memorial Tournament) | @ TBD | TBD | | First Arena Elmira | Departure Time: 6:45 AM | L |
| POSTPONED Jan 17, 2024 | Wed | Regular Season | Ithaca | 6:00 PM | | Vestal High School Gym | | L |
| Jan 19, 2024 | Fri | Post-Season (STAC Championships) | @ TBD | TBD | | Horseheads Middle School | | NL |
| Jan 20, 2024 | Sat | Regular Season (Section 4 JV Tournament) | @ TBD | TBD | | Horseheads High School | | NL |
| 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 | | |

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

Date: 2024-04-25