



# 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: 2024-05-05