



Vestal

(B) V Wrestling

Coaches:

- Chris Musser
- Brad Cook

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jul 24, 2024	Wed	Practice (Practice-Off season)	N/A	6:00 PM	7:30 PM	VHS Wrestling Room		
Jul 31, 2024	Wed	Practice (Varsity Wrestling Practice)	N/A	6:00 PM	7:30 PM	VHS Wrestling Room		
Aug 14, 2024	Wed	Practice	N/A	6:00 PM	7:30 PM	VHS Wrestling Room		
Sep 24, 2024	Tue	Practice (Wrestling Off Season Workout)	N/A	6:00 PM	7:30 PM	VHS Wrestling Room		
Oct 1, 2024	Tue	Practice (Wrestling Off Season Workout)	N/A	6:00 PM	7:30 PM	VHS Wrestling Room		
Oct 8, 2024	Tue	Practice (Wrestling Off Season Workout)	N/A	6:00 PM	7:30 PM	VHS Wrestling Room		
Oct 15, 2024	Tue	Practice (Wrestling Off Season Workout)	N/A	6:00 PM	7:30 PM	VHS Wrestling Room		
Oct 22, 2024	Tue	Practice (Wrestling Off Season Workout)	N/A	6:00 PM	7:30 PM	VHS Wrestling Room		
Oct 29, 2024	Tue	Practice (Wrestling Off Season Workout)	N/A	6:00 PM	7:30 PM	VHS Wrestling Room		
Nov 18, 2024	Mon	Practice (Wrestling Practice)	N/A	3:30 PM	5:30 PM	VHS Wrestling Room		
Nov 19, 2024	Tue	Practice (Wrestling Practice)	N/A	3:30 PM	5:30 PM	VHS Wrestling Room		
Nov 20, 2024	Wed	Practice (Wrestling Practice)	N/A	3:30 PM	5:30 PM	VHS Wrestling Room		
Nov 21, 2024	Thu	Practice (Wrestling Practice)	N/A	3:30 PM	5:30 PM	VHS Wrestling Room		
Nov 21, 2024	Thu	Practice	N/A	5:30 PM	6:30 PM	TBD		
POSTPONED Nov 22, 2024	Fri	Practice (Weight Certifications)	N/A	TBD	9:00 PM	Chenango Forks	Departure Date: Nov 22, 2024 Departure Time: 7:00 PM Return Date: Nov 22, 2024 Return Time: 9:00 PM	
Nov 23, 2024	Sat	Practice	N/A	9:00 AM	11:00 AM	VHS Wrestling Room		
Nov 25, 2024	Mon	Practice (Wrestling 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
Nov 26, 2024	Tue	Practice (Wrestling Practice)	N/A	3:30 PM	5:30 PM	VHS Wrestling Room		
Nov 27, 2024	Wed	Practice (Wrestling Practice)	N/A	TBD	11:00 AM	VHS Wrestling Room		
Nov 29, 2024	Fri	Practice	N/A	9:00 AM	11:00 AM	VHS Wrestling Room		
Nov 30, 2024	Sat	Regular Season (Friends of Section 4 Wrestling JV Tournament)	@ TBD	9:30 AM		Binghamton High School		L
Dec 2, 2024	Mon	Practice	N/A	6:00 PM	8:00 PM	Vestal High School Pool Gym		
Dec 6, 2024	Fri	Regular Season (Clyde Cole Tournament)	@ TBD	5:00 PM		Oxford Academy & Central School		L
Dec 7, 2024	Sat	Regular Season (Clyde Cole Tournament)	@ TBD	9:30 AM		Oxford Academy & Central School		L
Dec 9, 2024	Mon	Practice	N/A	3:30 PM	5:30 PM	VHS Wrestling Room		
Dec 10, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	VHS Wrestling Room		
Dec 11, 2024	Wed	Practice	N/A	3:30 PM	5:30 PM	VHS Wrestling Room		
Dec 12, 2024	Thu	Regular Season	Elmira	6:30 PM		Vestal High School Gym		L
Dec 13, 2024	Fri	Practice	N/A	3:30 PM	5:30 PM	VHS Wrestling Room		
Dec 14, 2024	Sat	Regular Season (Coach K Duals)	TBD, Oxford (Greene/Oxford), Dryden, Fulton @ Norwich	8:00 AM	9:00 PM	NHS Gym		NL
Dec 16, 2024	Mon	Practice	N/A	3:30 PM	5:30 PM	VHS Wrestling Room		
Dec 17, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	VHS Wrestling Room		
Dec 18, 2024	Wed	Regular Season 33-37 L	@ Union-Endicott	6:30 PM	8:30 PM	UEHS Main Gym		L
Dec 19, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	VHS Wrestling Room		
Dec 20, 2024	Fri	Practice	N/A	3:30 PM	5:30 PM	VHS Wrestling Room		
Dec 21, 2024	Sat	Regular Season (Take Down cancer tournament)	Horseheads	6:30 AM	5:00 PM	Vestal High School Gym		NL
Dec 23, 2024	Mon	Practice	N/A	9:00 AM	11:00 AM	VHS Wrestling Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 23, 2024	Mon	Regular Season (Oneonta JV Tournament)	@ TBD	TBD		Oneonta High School		L
Dec 24, 2024	Tue	Practice	N/A	9:00 AM	11:00 AM	VHS Wrestling Room		
Dec 27, 2024	Fri	Practice	N/A	9:00 AM	11:00 AM	VHS Wrestling Room		
Dec 28, 2024	Sat	Practice	N/A	9:00 AM	11:00 AM	VHS Wrestling Room		
Dec 31, 2024	Tue	Practice	N/A	9:00 AM	11:00 AM	VHS Wrestling Room		
Jan 2, 2025	Thu	Practice	N/A	9:00 AM	11:00 AM	VHS Wrestling Room		
Jan 3, 2025	Fri	Regular Season (Oneonta Rotary Tournament)	@ TBD	12:00 PM		Oneonta High School		L
Jan 4, 2025	Sat	Regular Season (Oneonta Rotary Tournament)	@ TBD	8:00 AM		Oneonta High School		L
Jan 7, 2025	Tue	Regular Season	@ Johnson City	6:30 PM	8:30 PM	JC HS Large Gym		L
Jan 9, 2025	Thu	Regular Season 67-6 W	Binghamton	6:30 PM	8:30 PM	Vestal High School Gym		L
Jan 10, 2025	Fri	Regular Season (Southern Tier Memorial Tournament)	@ TBD	3:00 PM		First Arena Elmira		L
Jan 11, 2025	Sat	Regular Season (Southern Tier Memorial Tournament)	@ TBD	9:00 AM		First Arena Elmira		L
Jan 14, 2025	Tue	Regular Season	Windsor	6:30 PM		Vestal High School Gym		L
Jan 16, 2025	Thu	Regular Season 27-45 L	Maine-Endwell	6:30 PM	8:30 PM	Vestal High School Gym		L
Jan 21, 2025	Tue	Regular Season (Section 4 Duals)	@ TBD	6:00 PM		Horseheads High School		L
Jan 24, 2025	Fri	Post-Season (STAC Championship)	@ TBD	5:00 PM		Johnson City High School		L
Jan 25, 2025	Sat	Post-Season (STAC Championship)	Corning-Painted Post, Elmira, Horseheads, Ithaca, Binghamton, Maine-Endwell, Union-Endicott, Chenango Valley, Owego Apalachin, Waverly, Norwich, Oneonta (Var/JV), Susquehanna Valley, Windsor @ Johnson City	9:00 AM		JC HS Large Gym		NL
Jan 25, 2025	Sat	Regular Season (STAC Championship)	@ TBD	10:00 AM		Johnson City High School		L
May 13, 2025	Tue	Practice	N/A	6:00 AM	7:20 AM	VHS Wrestling Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 14, 2025	Wed	Practice	N/A	6:00 AM	7:20 AM	VHS Wrestling Room		
May 15, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	VHS Wrestling Room		
May 21, 2025	Wed	Practice	N/A	6:00 AM	7:20 AM	VHS Wrestling Room		
May 22, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	VHS Wrestling Room		
May 28, 2025	Wed	Practice	N/A	6:00 AM	7:20 AM	VHS Wrestling Room		
May 29, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	VHS Wrestling Room		
Jun 4, 2025	Wed	Practice	N/A	6:00 AM	7:20 AM	VHS Wrestling Room		
Jun 5, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	VHS Wrestling Room		
Jun 11, 2025	Wed	Practice	N/A	6:00 AM	7:20 AM	VHS Wrestling Room		
Jun 12, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	VHS Wrestling Room		
Jun 18, 2025	Wed	Practice	N/A	6:00 AM	7:20 AM	VHS Wrestling Room		
Jun 19, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	VHS Wrestling Room		

Date: 2025-12-12