



Vestal

(B) 7/8TH Wrestling

Coaches:

- James Faughnan

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 21, 2022	Mon	Practice	N/A	3:00 PM	5:15 PM	Vestal Middle School Wrestling Room		
Nov 22, 2022	Tue	Practice	N/A	3:00 PM	5:15 PM	Vestal Middle School Wrestling Room		
Nov 28, 2022	Mon	Practice	N/A	3:00 PM	5:15 PM	Vestal Middle School Wrestling Room		
Nov 29, 2022	Tue	Practice	N/A	3:00 PM	5:15 PM	Vestal Middle School Wrestling Room		
Nov 30, 2022	Wed	Practice	N/A	3:00 PM	5:15 PM	Vestal Middle School Wrestling Room		
Dec 1, 2022	Thu	Practice	N/A	3:00 PM	5:15 PM	Vestal Middle School Wrestling Room		
Dec 2, 2022	Fri	Practice	N/A	3:00 PM	5:15 PM	Vestal Middle School Wrestling Room		
Dec 5, 2022	Mon	Practice	N/A	3:00 PM	5:15 PM	Vestal Middle School Wrestling Room		
Dec 6, 2022	Tue	Practice	N/A	3:00 PM	5:15 PM	Vestal Middle School Wrestling Room		
Dec 7, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Middle School Wrestling Room		
Dec 8, 2022	Thu	Practice	N/A	3:00 PM	4:00 PM	Vestal Middle School Wrestling Room		
Dec 9, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	Vestal Middle School Wrestling Room		
Dec 10, 2022	Sat	Practice	N/A	10:30 AM	12:00 PM	Vestal Middle School Wrestling Room		
Dec 12, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Middle School Wrestling Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 13, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Middle School Wrestling Room		
Dec 14, 2022	Wed	Practice	N/A	3:00 PM	4:30 PM	Vestal Middle School Wrestling Room		
POSTPONED Dec 15, 2022	Thu	Regular Season	Maine-Endwell	5:30 PM		Vestal High School Baseball Field		L
Dec 16, 2022	Fri	Practice	N/A	3:00 PM	4:00 PM	Vestal Middle School Wrestling Room		
Dec 17, 2022	Sat	Regular Season	Oneonta, Windsor, Chenango Forks, Chenango Valley, Susquehanna Valley, Norwich @ Binghamton	10:00 AM		Binghamton High School-Gym	Departure Time: 8:50 AM	L
Dec 19, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	Vestal Middle School Wrestling Room		
Dec 20, 2022	Tue	Practice	N/A	3:00 PM	4:30 PM	Vestal Middle School Wrestling Room		
Dec 21, 2022	Wed	Regular Season	Windsor	5:30 PM		Vestal High School Baseball Field		L
Dec 22, 2022	Thu	Practice	N/A	3:00 PM	4:30 PM	Vestal Middle School Wrestling Room		
Jan 2, 2023	Mon	Practice	N/A	3:00 PM	5:15 PM	Vestal Middle School Wrestling Room		
Jan 3, 2023	Tue	Practice	N/A	3:00 PM	5:15 PM	Vestal Middle School Wrestling Room		
Jan 4, 2023	Wed	Practice	N/A	3:00 PM	5:15 PM	Vestal Middle School Wrestling Room		
Jan 5, 2023	Thu	Regular Season	Horseheads	5:30 PM		Vestal High School Baseball Field		L
Jan 6, 2023	Fri	Practice	N/A	3:00 PM	5:15 PM	Vestal Middle School Wrestling Room		
Jan 9, 2023	Mon	Practice	N/A	3:00 PM	5:15 PM	Vestal Middle School Wrestling Room		
Jan 10, 2023	Tue	Regular Season	@ Ithaca	5:30 PM	6:25 PM	IHS Bliss Gym (C149)	Departure Time: 4:30 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 11, 2023	Wed	Practice	N/A	3:00 PM	5:15 PM	Vestal Middle School Wrestling Room		
Jan 12, 2023	Thu	Practice	N/A	3:00 PM	5:15 PM	Vestal Middle School Wrestling Room		
Jan 13, 2023	Fri	Practice	N/A	3:00 PM	5:15 PM	Vestal Middle School Wrestling Room		
Jan 14, 2023	Sat	Regular Season (Tournament)	Horseheads, Corning-Painted Post, Owego Apalachin, Chenango Valley, Norwich, Johnson City @ Windsor	9:00 AM	8:00 PM	Windsor High School	Departure Time: 7:30 AM	L
Jan 16, 2023	Mon	Practice	N/A	3:00 PM	5:15 PM	Vestal Middle School Wrestling Room		
Jan 18, 2023	Wed	Practice	N/A	3:00 PM	5:15 PM	Vestal Middle School Wrestling Room		
Jan 19, 2023	Thu	Practice	N/A	3:00 PM	5:15 PM	Vestal Middle School Wrestling Room		
Jan 20, 2023	Fri	Practice	N/A	3:00 PM	5:15 PM	Vestal Middle School Wrestling Room		
Jan 23, 2023	Mon	Practice	N/A	3:00 PM	5:15 PM	Vestal Middle School Wrestling Room		
Jan 24, 2023	Tue	Practice	N/A	3:00 PM	5:15 PM	Vestal Middle School Wrestling Room		
Jan 25, 2023	Wed	Practice	N/A	3:00 PM	5:15 PM	Vestal Middle School Wrestling Room		
Jan 26, 2023	Thu	Practice	N/A	3:00 PM	5:15 PM	Vestal Middle School Wrestling Room		
Jan 27, 2023	Fri	Practice	N/A	3:00 PM	5:15 PM	Vestal Middle School Wrestling Room		
Jan 28, 2023	Sat	Regular Season	Union-Endicott, Corning-Painted Post, Elmira, Chenango Valley, Owego Apalachin @ Susquehanna Valley	11:00 AM	1:00 PM	SVHS Gym	Departure Time: 9:40 AM	L
Jan 30, 2023	Mon	Practice	N/A	3:00 PM	4:00 PM	Vestal Middle School Wrestling Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 31, 2023	Tue	Regular Season	Union-Endicott	5:30 PM		Vestal High School Baseball Field		L
Feb 1, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Middle School Wrestling Room		
Feb 2, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Middle School Wrestling Room		
Feb 3, 2023	Fri	Practice	N/A	3:00 PM	4:30 PM	Vestal Middle School Wrestling Room		
Feb 4, 2023	Sat	Regular Season (Johnson city Tournament)	TBD	TBD		Johnson City Middle School	Departure Time: 8:15 AM	NL
Feb 6, 2023	Mon	Practice	N/A	3:00 PM	4:00 PM	Vestal Middle School Wrestling Room		

Date: 2024-04-28