

Canastota
(B) JV Wrestling

Coaches:
• Ben Cornue, Assistant Coach

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|---|-----------|------------|----------|--------------|-------------------------|---------------------|
| Nov 18, 2024 | Mon | Practice | N/A | 5:00 PM | 7:15 PM | Playroom Gym | | |
| Nov 19, 2024 | Tue | Practice | N/A | 5:00 PM | 7:15 PM | Playroom Gym | | |
| Nov 20, 2024 | Wed | Practice | N/A | 5:00 PM | 7:15 PM | Playroom Gym | | |
| Nov 21, 2024 | Thu | Practice | N/A | 4:45 PM | 7:00 PM | Playroom Gym | | |
| Nov 22, 2024 | Fri | Practice | N/A | 4:30 PM | 6:45 PM | Playroom Gym | | |
| Nov 25, 2024 | Mon | Practice | N/A | 5:00 PM | 7:15 PM | Playroom Gym | | |
| Nov 26, 2024 | Tue | Practice | N/A | 2:45 PM | 4:00 PM | Playroom Gym | | |
| Nov 27, 2024 | Wed | Practice | N/A | 9:00 AM | 11:15 AM | Playroom Gym | | |
| Nov 29, 2024 | Fri | Practice | N/A | 9:00 AM | 11:15 AM | Playroom Gym | | |
| Nov 30, 2024 | Sat | Scrimmage (26th George Jones Jr. Tournament at VVS High School) | @ TBD | 9:30 AM | | TBD | Departure Time: 7:00 AM | NL |
| Dec 2, 2024 | Mon | Practice | N/A | 3:00 PM | 4:45 PM | Laidlaw Gym | | |
| Dec 3, 2024 | Tue | Practice | N/A | 3:30 PM | 5:45 PM | Playroom Gym | | |
| Dec 5, 2024 | Thu | Practice | N/A | 5:00 PM | 7:00 PM | Playroom Gym | | |
| Dec 6, 2024 | Fri | Practice | N/A | 4:45 PM | 6:15 PM | Playroom Gym | | |
| Dec 9, 2024 | Mon | Practice | N/A | 3:15 PM | 5:30 PM | Playroom Gym | | |
| Dec 10, 2024 | Tue | Practice | N/A | 3:00 PM | 5:15 PM | Playroom Gym | | |
| Dec 11, 2024 | Wed | Practice | N/A | 3:00 PM | 5:15 PM | Playroom Gym | | |
| Dec 13, 2024 | Fri | Practice | N/A | 4:15 PM | 6:30 PM | Playroom Gym | | |
| Dec 16, 2024 | Mon | Practice | N/A | 5:00 PM | 7:15 PM | Playroom Gym | | |
| Dec 17, 2024 | Tue | Practice | N/A | 5:00 PM | 7:15 PM | Playroom Gym | | |
| Dec 18, 2024 | Wed | Practice | N/A | 3:15 PM | 5:15 PM | Playroom Gym | | |
| Dec 19, 2024 | Thu | Practice | N/A | 3:15 PM | 5:30 PM | Playroom Gym | | |
| Dec 21, 2024 | Sat | Regular Season (Blindman's Tournament at Cicero North Syracuse High School) | @ TBD | 9:15 AM | | TBD | Departure Time: 6:15 AM | NL |
| Dec 23, 2024 | Mon | Regular Season (Holland Patent JV Tournament) | @ TBD | 9:30 AM | | TBD | Departure Time: 6:15 AM | NL |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
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| Dec 24, 2024 | Tue | Practice | N/A | 9:00 AM | 11:00 AM | Playroom Gym | | |
| Dec 26, 2024 | Thu | Practice | N/A | 9:00 AM | 11:00 AM | Playroom Gym | | |
| Dec 27, 2024 | Fri | Practice | N/A | 2:30 PM | 4:30 PM | Playroom Gym | | |
| Dec 30, 2024 | Mon | Regular Season (Wildcat JV Tournament) | Central Square, Rome Free Academy, New Hartford, Carthage, Fayetteville-Manlius, Adirondack, Corning-Painted Post, Indian River, South Jefferson, Union-Endicott, Red Creek @ West Genesee | 8:00 AM | 5:00 PM | WG-HS Upper Gym | | NL |
| Dec 30, 2024 | Mon | Regular Season (West Genesee JV Tournament) | @ TBD | 9:30 AM | | TBD | Departure Time: 6:45 AM | NL |
| Dec 31, 2024 | Tue | Practice | N/A | 9:00 AM | 11:15 AM | Playroom Gym | | |
| Jan 1, 2025 | Wed | Practice | N/A | 9:00 AM | 11:15 AM | Playroom Gym | | |
| Jan 2, 2025 | Thu | Practice | N/A | 12:00 PM | 3:30 PM | Playroom Gym | | |
| Jan 3, 2025 | Fri | Regular Season (Canastota JV Duals) | Liverpool, West Genesee, Cicero-North Syracuse, Fayetteville-Manlius, Phoenix | 9:30 AM | | High School Gym, Laidlaw Gym | | NL |
| Jan 6, 2025 | Mon | Practice | N/A | 3:15 PM | 5:30 PM | Playroom Gym | | |
| Jan 7, 2025 | Tue | Practice | N/A | 3:15 PM | 5:30 PM | Playroom Gym | | |
| Jan 9, 2025 | Thu | Practice | N/A | 3:15 PM | 5:30 PM | Playroom Gym | | |
| Jan 10, 2025 | Fri | Practice | N/A | 3:15 PM | 5:30 PM | Playroom Gym | | |
| Jan 13, 2025 | Mon | Practice | N/A | 3:15 PM | 5:30 PM | Playroom Gym | | |
| Jan 14, 2025 | Tue | Practice | N/A | 3:15 PM | 5:30 PM | Playroom Gym | | |
| Jan 16, 2025 | Thu | Practice | N/A | 3:15 PM | 5:30 PM | Playroom Gym | | |
| Jan 17, 2025 | Fri | Practice | N/A | 3:15 PM | 5:30 PM | Playroom Gym | | |
| Jan 18, 2025 | Sat | Regular Season (VVS Tournament) | @ TBD | 9:00 AM | | TBD | Departure Time: 6:30 AM | NL |
| Jan 21, 2025 | Tue | Practice | N/A | 3:15 PM | 5:15 PM | Playroom Gym | | |
| Jan 21, 2025 | Tue | Practice | N/A | 3:15 PM | 5:30 PM | Playroom Gym | | |
| Jan 23, 2025 | Thu | Practice | N/A | 3:15 PM | 5:30 PM | Playroom Gym | | |
| Jan 24, 2025 | Fri | Practice | N/A | 3:15 PM | 5:15 PM | Playroom Gym | | |
| Jan 25, 2025 | Sat | Regular Season (Baldwinsville JV Tournament) | @ TBD | 9:30 AM | | TBD | Departure Time: 6:30 AM | NL |

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| Jan 31, 2025 | Fri | Regular Season | Camden | 6:00 PM | | High School Gym | | NL |

Date: 2025-12-16