



Whitney Point (B) V Wrestling

Coaches:

- Deirdre Ballard, Asst Coach
- James Black, Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 13, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	WPHS Wrestling Room		
Nov 14, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	WPHS Wrestling Room		
Nov 15, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	WPHS Wrestling Room		
Nov 16, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	WPHS Wrestling Room		
Nov 17, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	WPHS Wrestling Room		
Nov 20, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	WPHS Wrestling Room		
Nov 21, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	WPHS Wrestling Room		
Nov 22, 2023	Wed	Practice	N/A	3:00 PM	5:30 PM	WPHS Wrestling Room		
Nov 24, 2023	Fri	Practice	N/A	3:00 PM	5:30 PM	WPHS Wrestling Room		
Nov 25, 2023	Sat	Regular Season (Friends of Section IV Wrestling & Southern Tier Wrestling Officials Association)	@ Waverly	9:30 AM		Waverly High School Gym		L
Nov 27, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	WPHS Wrestling Room		
Nov 28, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	WPHS Wrestling Room		
Nov 29, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	WPHS Wrestling Room		
Nov 30, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	WPHS Wrestling Room		
Dec 1, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	WPHS Wrestling Room		
Dec 1, 2023	Fri	Regular Season (Newark Valley Girls Wrestling Tournament)	@ Newark Valley	5:00 PM		Newark Valley High School	Departure Time: 4:05 PM	L
Dec 4, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	WPHS Wrestling Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 5, 2023	Tue	Practice (Wrestling Morning Strength & Conditioning)	N/A	6:00 AM	7:00 AM	WPHS Weight Room		
Dec 5, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	WPHS Wrestling Room		
Dec 6, 2023	Wed	Regular Season 36-34 W	Odessa-Montour	6:00 PM		WPHS Gymnasium		L
Dec 7, 2023	Thu	Practice (Wrestling Morning Strength & Conditioning)	N/A	6:00 AM	7:00 AM	WPHS Weight Room		
Dec 7, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	WPHS Wrestling Room		
Dec 8, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	WPHS Wrestling Room		
Dec 9, 2023	Sat	Regular Season (Dave Buck Memorial Tournament)	@ Elmira	8:00 AM		TBD	Departure Time: 6:30 AM	L
Dec 11, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	WPHS Wrestling Room		
Dec 12, 2023	Tue	Practice (Wrestling Morning Strength & Conditioning)	N/A	6:00 AM	7:00 AM	WPHS Weight Room		
Dec 12, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	WPHS Wrestling Room		
Dec 14, 2023	Thu	Practice (Wrestling Morning Strength & Conditioning)	N/A	6:00 AM	7:00 AM	WPHS Weight Room		
Dec 14, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	WPHS Wrestling Room		
Dec 14, 2023	Thu	Regular Season	@ Spencer-Van Etten (SVEC Eagles)	6:30 PM		TBD	Departure Time: 4:05 PM	L
Dec 15, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	WPHS Wrestling Room		
Dec 16, 2023	Sat	Regular Season (Cuneen Doane Tournament)	Bainbridge Guilford (Bears), Chenango Valley, Deposit (Deposit-Hancock), Groton, Homer, Marathon, Morrisville-Eaton (Morrisville-Eaton), Pine Bush, Port Jervis, Sidney, Susquehanna Valley, Vernon-Verona-Sherrill, Windsor @ Delaware Academy (WDA)	9:30 AM		Walton HS Gym	Departure Time: 6:30 AM	NL
Dec 16, 2023	Sat	Regular Season (Cuneen-Doane Holiday Tournament)	@ Walton (WDA)	9:30 AM		Walton HS Gym	Departure Time: 6:30 AM	L
Dec 19, 2023	Tue	Practice (Wrestling Morning Strength & Conditioning)	N/A	6:00 AM	7:00 AM	WPHS Weight Room		

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Dec 19, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	WPHS Wrestling Room		
Dec 20, 2023	Wed	Regular Season 18-48 L	@ Lansing (Co-ed)	6:30 PM		Lansing HS	Departure Time: 4:05 PM	L
Dec 21, 2023	Thu	Practice (Wrestling Morning Strength & Conditioning)	N/A	6:00 AM	7:00 AM	WPHS Weight Room		
Dec 21, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	WPHS Wrestling Room		
Dec 22, 2023	Fri	Regular Season (MARK CODY DUALS)	@ Binghamton	9:30 AM		Binghamton High School-Gym	Departure Time: 7:30 AM	L
Dec 27, 2023	Wed	Regular Season (JV Wrestling Tournament)	@ TBD	8:30 AM		Oneonta High School	Departure Time: 6:30 AM	L
Jan 3, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	WPHS Wrestling Room		
Jan 4, 2024	Thu	Regular Season	Dryden	6:00 PM		WPHS Gymnasium		L
Jan 5, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	WPHS Wrestling Room		
Jan 6, 2024	Sat	Regular Season (O-M Duals Tournament)	Dundee, Marathon, Horseheads, Elmira Heights, Ithaca @ Odessa-Montour	9:00 AM		O-M HS Gym	Departure Time: 6:30 AM	NL
POSTPONED Jan 7, 2024	Sun	Regular Season (GIRLS Section IV State Qualifier at Oneonta)	@ Oneonta (Var/JV)	TBD		Oneonta High School	Departure Date: Jan 7, 2024 Departure Time: 6:45 AM	L
Jan 8, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	WPHS Wrestling Room		
CANCELLED Jan 9, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	WPHS Wrestling Room		
Jan 10, 2024	Wed	Regular Season	Elmira Heights	6:00 PM		WPHS Gymnasium		L
Jan 11, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	WPHS Wrestling Room		
Jan 11, 2024	Thu	Regular Season (WP SENIOR NIGHT)	Moravia	6:00 PM	9:00 PM	WPHS Gymnasium		L
Jan 12, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	WPHS Wrestling Room		
Jan 13, 2024	Sat	Regular Season (Owego River Hawk Round Robin Tournament)	@ TBD	10:00 AM		OFA Gymnasium	Departure Time: 7:30 AM	L
Jan 15, 2024	Mon	Regular Season (GIRLS Section IV State Qualifier)	TBD	9:10 AM	4:30 PM	WPHS Gymnasium		L
Jan 15, 2024	Mon	Regular Season (Girls Qualifier)	Spencer-Van Etten (SVEC Eagles)	TBD		WPHS Gymnasium		L
CANCELLED Jan 16, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	WPHS Wrestling Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 17, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	WPHS Wrestling Room		
CANCELLED Jan 18, 2024	Thu	Regular Season	@ Sidney	6:00 PM		Sidney HS gym	Departure Time: 4:05 PM	NL
Jan 19, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	WPHS Wrestling Room		
Jan 20, 2024	Sat	Post-Season (IAC Championship)	Dryden, Lansing (Co-ed), Odessa-Montour, Watkins Glen (Storm), Candor (SVEC Eagles), Elmira Heights, Groton, Marathon, Tioga @ Newark Valley	10:00 AM		Newark Valley High School	Departure Time: 7:30 AM	L
Jan 21, 2024	Sun	Regular Season (Girls Wrestling Tournament at Homer High School)	@ Homer	9:00 AM		Homer High School		L
Jan 22, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	WPHS Wrestling Room		
CANCELLED Jan 23, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	WPHS Wrestling Room		
Jan 24, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	WPHS Wrestling Room		
Jan 25, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	WPHS Wrestling Room		
Jan 25, 2024	Thu	Regular Season 47-24 W	@ Johnson City	6:00 PM	7:30 PM	JC HS Large Gym	Departure Time: 4:05 PM	NL
Jan 26, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	WPHS Wrestling Room		
CANCELLED Jan 27, 2024	Sat	Regular Season (MLK Tournament)	Sidney, Newark Valley, Marathon, Bainbridge Guilford (Bears)	8:00 AM	6:00 PM	WPHS Gymnasium		L
Jan 27, 2024	Sat	Regular Season (Binghamton Patriots Junior Varsity Wrestling Tournament)	@ Binghamton	9:00 AM		Binghamton High School-Gym	Departure Time: 7:00 AM	L
Jan 29, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	WPHS Wrestling Room		
Jan 30, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	WPHS Wrestling Room		
Jan 31, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	WPHS Wrestling Room		
Feb 1, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	WPHS Wrestling Room		
Feb 2, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	WPHS Wrestling Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 3, 2024	Sat	Regular Season (Section IV Division B Wrestling)	@ Greene (Greene/Oxford)	9:00 AM		Greene High School Gym	Departure Time: 7:00 AM	L
Feb 10, 2024	Sat	Regular Season (Wrestling Championships (DI, DII & Girls) on Saturday, February 10th @ the Visions FCU Veterans Memorial Arena)	@ TBD	8:30 AM		Arena - Visions Veterans Memoria Arena	Departure Time: 7:00 AM	L

Date: 2025-12-05