



Albany High School

(B) V Wrestling

Coaches:

- Paul Florio, Head Coach
- Matthew Sitors, Asst Coach
- Mark Hitchcock

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 13, 2023	Mon	Practice (First day of practice)	N/A	3:30 PM		TBD			
Nov 18, 2023	Sat	Regular Season (Weight Certification)	Albany High School (LA) @ Cocksackie-Athens	8:00 AM		High School Gym		Departure Date: Nov 18, 2023 Departure Time: 9:00 AM Return Date: Return Time: 11:00 AM	NL
Nov 20, 2023	Mon	Regular Season (Make up Weight Certification)	@ Cocksackie-Athens	2:30 PM		High School Gym		Departure Time: 2:30 PM Return Date: Return Time: 4:30 PM	NL
Dec 2, 2023	Sat	Regular Season (Mohonasen Dual Meet)	@ Mohonasen	9:15 AM		Mohonasen HS	Bus/Driver: First Student	Departure Date: Dec 2, 2023 Departure Time: 6:45 AM Return Date: Dec 2, 2023 Return Time: 3:00 PM	L
Dec 6, 2023	Wed	Regular Season	@ Christian Brothers Academy, Albany	6:00 PM		CBA, Albany	Bus/Driver: First Student	Departure Date: Dec 6, 2023 Departure Time: 4:30 PM	L
Dec 9, 2023	Sat	Regular Season (WRANGLE ON THE PLAINS)	Burnt Hills-Ballston Lake HS @ Shenendehowa High School	9:00 AM		Impact Athletic Center	Bus/Driver: First Student	Departure Time: 6:30 AM Return Date: Return Time: 4:30 PM	L
Dec 13, 2023	Wed	Regular Season	Hoosick Falls	6:00 PM		Albany High School Gym A			NL
Jan 6, 2024	Sat	Regular Season (Saratoga Invitational 7:30am Weigh-Ins)	Ballston Spa High School, Whitehall (Whitehall) @ Saratoga Springs High School	9:00 AM	5:00 PM	Saratoga Springs High School	Bus/Driver: First Student 518-415-6414 (518-445-6372)	Departure Date: Dec 15, 2023 Departure Time: 6:15 AM Return Date: Return Time: 5:00 PM	NL
Jan 11, 2024	Thu	Regular Season	@ Tamarac	5:45 PM	7:00 PM	High School	Bus/Driver: First Student 518-415-6414 (518-445-6372)	Departure Time: 4:15 PM Return Date: Return Time: 7:00 PM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 13, 2024	Sat	Regular Season (Schenectady Invitational)	Shenendehowa High School, Ballston Spa High School, Niskayuna High School, Colonie High School, Saratoga Springs High School, Shaker High School, Burnt Hills-Ballston Lake HS @ Schenectady High School (Varsity Wrestling)	7:00 AM		Pat Riley Sports Center-Main Gym	Bus/Driver: First Student 518-415-6414 (518-445-6372)	Departure Time: 6:45 AM Return Date: Return Time: 5:00 PM	NL
Jan 17, 2024	Wed	Regular Season	LaSalle Institute	6:00 PM		Albany High School Gym A			NL
Jan 20, 2024	Sat	Meet (King Bison Invitational)	Vs. Multiple	9:00 AM		Shaker High School- H Gym	Bus/Driver: First Student	Departure Time: 6:30 AM Return Date: Return Time: 5:00 PM	NL
CANCELLED Jan 20, 2024	Sat	Regular Season (King Bison Invitational)	@ Shaker High School	9:30 AM		Shaker High School- F gym		Departure Time: 6:45 AM Return Date: Return Time: 3:30 PM	L
Feb 3, 2024	Sat	Regular Season (Class A Championships)	Niskayuna High School, Shaker High School, Saratoga Springs High School, Schenectady High School (Varsity Wrestling), Bethlehem High School @ Colonie High School	10:00 AM		Colonie High School MUG	Bus/Driver: First Student	Departure Time: 6:30 AM Return Date: Return Time: 6:00 PM	NL
Feb 10, 2024	Sat	Regular Season (Section 2 Tournament Cooling Insurance Arena Glens Falls)	@ TBD	9:30 AM		TBD	Bus/Driver: FIRST STUDENT	Departure Time: 6:00 AM Return Date: Return Time: 5:00 PM	NL

Date: 2024-05-18