

# Ballston Spa High School

## (B) V Wrestling

Coaches:

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 18, 2023	Sat	Practice	N/A	9:30 AM	11:00 AM	Shendehowa High School	Departure Time: 9:00 AM	
Nov 24, 2023	Fri	Practice	N/A	10:00 AM		Niskayuna High School	Departure Time: 9:00 AM	
Nov 29, 2023	Wed	Regular Season 27-42 L	Averill Park High School	6:00 PM	7:30 PM	Ballston Spa High School Gym		L
Dec 2, 2023	Sat	Meet (Ballston Spa Varsity Tournament)	Vs. Multiple	9:00 AM		Ballston Spa High School Gym		NL
Dec 2, 2023	Sat	Regular Season (Ballston Spa Duals)	Hudson Falls	9:00 AM		Ballston Spa High School Gym		NL
Dec 13, 2023	Wed	Regular Season 34-37 L	Burnt Hills-Ballston Lake HS	6:00 PM	7:30 PM	Ballston Spa High School Gym		L
Jan 10, 2024	Wed	Regular Season	Bethlehem High School	6:00 PM	7:30 PM	Ballston Spa High School Gym		L
Jan 15, 2024	Mon	Practice	N/A	8:30 AM	10:00 AM	Johnstown High School		
Jan 23, 2024	Tue	Regular Season 22-49 L	Saratoga Springs High School	6:00 PM	7:30 PM	Ballston Spa High School Gym		L
Feb 13, 2024	Tue	Practice	N/A	TBD		TBD	Departure Time: 3:00 PM	
Feb 14, 2024	Wed	Practice	N/A	TBD		TBD	Departure Time: 3:00 PM	
Feb 15, 2024	Thu	Practice	N/A	TBD		TBD	Departure Time: 3:00 PM	
Feb 16, 2024	Fri	Practice	N/A	TBD		TBD	Departure Time: 3:00 PM	
Feb 17, 2024	Sat	Practice	N/A	TBD		TBD	Departure Time: 8:20 AM	

Date: 2024-04-09