

Coaches:

• John Dolny, Head Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 26, 2019	Tue	Regular Season (Scrimmage)	@ Shaker High School	TBD		Shaker High School- F gym	Departure Point: High School Departure Time: 3:30 PM	NL
Nov 30, 2019	Sat	Regular Season (CDWOA Tournament)	Schenectady High School (JV Wrestling), Niskayuna High School, TBD @ Shenendehowa High School	8:00 AM	4:00 PM	Shen High School East Gym 2 (New)	Departure Point: High School Departure Time: 7:30 AM	L
Dec 4, 2019	Wed	Scrimmage	Ballston Spa High School	6:00 PM	8:55 PM	Colonie High School MUG (Main Gymnasium)		NL
Dec 7, 2019	Sat	Regular Season (JV Wrestling tournament)	Shenendehowa High School, Queensbury, Saratoga Springs High School @ Burnt Hills-Ballston Lake HS	10:00 AM		BH-BL HS Gym	Departure Point: High School Departure Time: 6:45 AM	NL
Dec 10, 2019	Tue	Regular Season	@ Columbia High School	6:00 PM	8:55 PM	Columbia H.S.	Departure Point: High School Departure Time: 4:30 PM	L
Dec 12, 2019	Thu	Regular Season	Averill Park High School	6:00 PM	8:55 PM	Colonie High School MUG (Main Gymnasium)		L
Dec 18, 2019	Wed	Regular Season	Niskayuna High School	6:00 PM	8:55 PM	Colonie High School MUG (Main Gymnasium)		L
CANCELLED Dec 23, 2019	Mon	Meet (SSC Play Day at Ballston Spa)	Vs. Multiple	9:00 AM		Ballston Spa High School Gym		NL
Dec 23, 2019	Mon	Regular Season (Tournament)	Schenectady High School (JV Wrestling), Shenendehowa High School, Guilderland High School, Queensbury, TBD, Shaker High School, Ballston Spa High School, Saratoga Springs High School @ Niskayuna High School	10:00 AM		Niskayuna High School	Departure Point: High School Departure Time: 7:00 AM	L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jan 4, 2020	Sat	Regular Season (Colonie JV Tourney)	Shenendehowa High School, Burnt Hills- Ballston Lake HS, Guilderland High School, Ballston Spa High School, Niskayuna High School, South Glens Falls, Shaker High School	9:00 AM		Colonie High School MUG (Main Gymnasium)		L
Jan 8, 2020	Wed	Regular Season	@ Shenendehowa High School	6:00 PM	8:55 PM	Shen High School East Gym 2 (New)	Departure Point: High School Departure Time: 4:30 PM	L
Jan 11, 2020	Sat	Regular Season (Roxanne Weller JV Wrestling Tournament)	Columbia High School, Salem (Salem-Cambridge), Duanesburg, Hudson Falls, Corinth (Mountaineers) @ South Glens Falls	9:30 AM		SGFHS - Blue Gymnasium	Departure Point: High School Departure Time: 6:30 AM	NL
Jan 15, 2020	Wed	Regular Season	@ Guilderland High School	6:00 PM	8:55 PM	Guilderland High School East Gym	Departure Point: High School Departure Time: 4:30 PM	L
Jan 23, 2020	Thu	Regular Season	Saratoga Springs High School	6:00 PM	8:55 PM	Colonie High School MUG (Main Gymnasium)		L
Jan 25, 2020	Sat	Regular Season (Guilderland JV Tourney)	@ Guilderland High School	4:15 PM		Guilderland High School West (Big) Gym	Departure Point: High School Departure Time: 6:30 AM	L
Jan 29, 2020	Wed	Regular Season	@ Shaker High School	6:00 PM	8:55 PM	Shaker High School- F gym	Departure Point: High School Departure Time: 4:30 PM	L

Date: 2025-12-08