



Colonie High School

(G) V Wrestling

Coaches:

- Eliah Golding, Head Coach
- Eliah Golding

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 4, 2024	Wed	Regular Season 14-46 L	Burnt Hills-Ballston Lake HS	6:00 PM	7:55 PM	Colonie High School PIT (Secondary Gymnasium)		L
Dec 12, 2024	Thu	Regular Season 19-29 L	Bethlehem High School	6:00 PM	7:55 PM	Colonie High School PIT (Secondary Gymnasium)		L
Dec 18, 2024	Wed	Regular Season 25-20 W	@ Averill Park High School	6:00 PM	7:55 PM	APHS Main Gymnasium		L
Dec 20, 2024	Fri	Regular Season (Holiday Headlocks)	Shaker High School, Shenendehowa High School, Albany High School, Averill Park High School, Little Falls, Hadley-Luzerne, Amsterdam, Bethlehem High School, Columbia High School, Watervliet (Watervliet), Salem (Salem-Cambridge), Glens Falls @ Niskayuna High School (Niskayuna/Schenectady Girls Wrestling)	5:30 PM		NHS NEW GYM	Departure Time: 3:30 PM	NL
Dec 30, 2024	Mon	Regular Season	@ Coxsackie-Athens	TBD		Coxsackie-Athens HS	Departure Time: 6:00 AM	NL
Jan 4, 2025	Sat	Regular Season (Colonie Tournament)	Maple Hill	8:00 AM	7:00 PM	Colonie High School PIT (Secondary Gymnasium)		NL
Jan 4, 2025	Sat	Regular Season (Kristie Stenglein-Davis Girls tournament)	Granville (Granville-Whitehall Girls Wrestling), Niskayuna High School (Niskayuna/Schenectady Girls Wrestling), Amsterdam, Schenectady High School (Niskayuna/Schenectady), Shaker High School	10:15 AM		Colonie High School PIT (Secondary Gymnasium)		NL
Jan 4, 2025	Sat	Regular Season (Kristie Stenglein-Davis Girls Tournament)	Glens Falls	10:15 AM		Colonie High School MUG (Main Gymnasium)		NL
Jan 4, 2025	Sat	Regular Season	Windsor	TBD		TBD		NL
Jan 9, 2025	Thu	Regular Season (@Niskayuna High School)	@ Niskayuna High School (Niskayuna/Schenectady Girls Wrestling)	6:00 PM	7:55 PM	Niskayuna High School		L
Jan 15, 2025	Wed	Regular Season	@ Guilderland High School	6:00 PM	7:55 PM	Guilderland High School East Gym	Departure Time: 4:00 PM	L
Jan 17, 2025	Fri	Regular Season	Shaker High School	5:00 PM		Colonie Center		NL
Jan 18, 2025	Sat	Meet (Devils & Dames Wrestling Scramble)	Vs. Multiple	9:00 AM	6:00 PM	Columbia H.S.		NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 22, 2025	Wed	Regular Season 10-48 L	Columbia High School	6:00 PM	7:55 PM	Colonie High School MUG (Main Gymnasium)		L
Jan 26, 2025	Sun	Meet (Queen Bison Invitational)	Vs. Multiple	9:30 AM		Shaker High School- H Gym	Departure Time: 6:30 AM	NL
Jan 30, 2025	Thu	Regular Season	Shenendehowa High School	6:00 PM	7:55 PM	Colonie High School PIT (Secondary Gymnasium)		L

Date: 2025-12-05