



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 3, 2025	Wed	Regular Season	@ Burnt Hills-Ballston Lake HS	6:00 PM	7:55 PM	Senior High School Med Gym	Departure Time: 4:00 PM	L
Dec 11, 2025	Thu	Regular Season	@ Bethlehem High School	6:00 PM	7:55 PM	High School Gym A	Departure Time: 4:00 PM	L
Dec 17, 2025	Wed	Regular Season	Averill Park High School	6:00 PM	7:55 PM	Colonie High School PIT (Secondary Gymnasium)		L
Dec 19, 2025	Fri	Regular Season (Holiday Headlocks Tournament)	Amsterdam, Salem (Salem-Cambridge), Shaker High School, Berlin, Bethlehem High School, Averill Park High School, Guilderland High School, Hoosick Falls, Dolgeville, Cairo-Durham, Lake George (Warrensburg-Lake George Girls Wrestling), Watervliet (Watervliet), TBD @ Niskayuna High School (Niskayuna/Schenectady Girls Wrestling)	5:30 PM		NHS Blatnick Gym	Departure Time: 3:30 PM	NL
Jan 10, 2026	Sat	Regular Season (Kristie Stenglein-Davis Tournament)	Amsterdam, Niskayuna High School (Niskayuna/Schenectady Girls Wrestling), Shaker High School, Coxsackie-Athens, Greenville	9:00 AM		Colonie High School MUG (Main Gymnasium)		L
Jan 14, 2026	Wed	Regular Season	Niskayuna High School (Niskayuna/Schenectady Girls Wrestling)	6:00 PM	7:55 PM	Colonie High School PIT (Secondary Gymnasium)		L
Jan 16, 2026	Fri	Regular Season	Shaker High School	5:00 PM	7:55 PM	Colonie Center		L
Jan 18, 2026	Sun	Regular Season (Columbia Devils & Dames Wrestling Tournament)	Amsterdam, Niskayuna High School (Niskayuna/Schenectady Girls Wrestling), Shenendehowa High School, Coxsackie-Athens, Shaker High School @ Columbia High School	9:00 AM	6:00 PM	Columbia H.S.	Departure Time: 7:00 AM	NL
Jan 22, 2026	Thu	Regular Season	Guilderland High School	6:00 PM	7:55 PM	Colonie High School PIT (Secondary Gymnasium)		L
Jan 25, 2026	Sun	Meet (Queen Bison Invitational)	Vs. Multiple	8:00 AM		Shaker High School- H Gym	Departure Time: 6:00 AM	NL
Jan 29, 2026	Thu	Regular Season	@ Columbia High School	6:00 PM	7:55 PM	Columbia H.S.	Departure Time: 4:00 PM	L
Feb 5, 2026	Thu	Regular Season	@ Shenendehowa High School	6:00 PM	7:55 PM	Shen High School East Gym 1 (Main)	Departure Time: 4:00 PM	L

Date: 2025-12-05