

## Coaches:

• Vince Gallo, Head Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 30, 2022	Wed	Regular Season	@ Ballston Spa High School	6:00 PM	8:00 PM	Ballston Spa High School Gym	Departure Point: EAST RIDE WITH V Departure Time: 4:15 PM	NL
Dec 7, 2022	Wed	Regular Season	@ Schenectady High School (JV Wrestling)	6:00 PM	8:00 PM	Pat Riley Sports Center- Main Gym	Departure Point: EAST RIDE WITH V Departure Time: 3:45 PM	NL
Dec 11, 2022	Sun	Regular Season (RCS JV TOURNAMENT)	@ TBD	TBD		TBD	Departure Point: EAST DROP ONLY Departure Time: 7:00 AM	L
Dec 14, 2022	Wed	Regular Season	Columbia High School	6:00 PM	7:00 PM	Guilderland High School East Gym		NL
Dec 17, 2022	Sat	Regular Season (JV Tournament)	Shenendehowa High School, Ballston Spa High School, Shaker High School, Colonie High School, Salem (Salem-Cambridge), Saratoga Springs High School, Scotia- Glenville @ Niskayuna High School			Niskayuna High School	Departure Point: EAST DROP ONLY Departure Time: 7:15 AM	L
Dec 21, 2022	Wed	Regular Season	@ Saratoga Springs High School	6:00 PM	8:00 PM	SSHS WHITE GYM	Departure Point: EAST RIDE WITH V Departure Time: 4:15 PM	L
Dec 29, 2022	Thu	Regular Season (amsterdam jv tourn)	@ TBD	7:00 AM		Amsterdam High School	Departure Point: EAST DROP ONLY Departure Time: 6:30 AM	L
Jan 4, 2023	Wed	Regular Season	Shaker High School	6:00 PM	8:55 PM	Guilderland High School East Gym		L

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Jan 7, 2023	Sat	Regular Season (JV Tournament and Girls Tournament (Girls Team - Niskayuna- Schenectady, Shaker, Guilderland, Sherburne-Earlville))	Shenendehowa High School, Burnt Hills-Ballston Lake HS, Ballston Spa High School, Shaker High School, Niskayuna High School, Schenectady High School (JV Wrestling), Granville (Granville-Whitehall), Hadley-Luzerne, Scotia-Glenville, Sherburne-Earlville @ Colonie High School	7:00 AM	4:00 PM	Colonie High School MUG (Main Gymnasium)	Departure Point: EAST DROP ONLY-GIRLS ON THIS BUS Departure Time: 7:00 AM	NL
Jan 10, 2023	Tue	Regular Season (COXSACKIE ATHENS DUAL)	@ TBD	5:30 PM	8:00 PM	TBD	Departure Point: GHS EAST RIDE WITH VARSITY Departure Time: 3:30 PM	L
Jan 11, 2023	Wed	Regular Season	Colonie High School	6:00 PM	8:55 PM	Guilderland High School East Gym		L
Jan 18, 2023	Wed	Regular Season	@ Shenendehowa High School	6:00 PM	8:30 PM	Shen High School East Gym 1 (Main)	Departure Point: EAST RIDE WITH GIRLS AND VARSITY BOYS Departure Time: 4:15 PM	L
Jan 21, 2023	Sat	Regular Season	Hadley-Luzerne	9:00 AM		Guilderland High School		NL
Jan 21, 2023	Sat	Regular Season (Tournament)	Shenendehowa High School, Hudson Falls, Burnt Hills- Ballston Lake HS, Colonie High School, Saratoga Springs High School, Schenectady High School (JV Wrestling)	9:00 AM	7:00 PM	Guilderland High School East Gym		L
Jan 28, 2023	Sat	Regular Season (JV Dual Meet)	Shenendehowa High School, Hudson Falls, Shaker High School, Saratoga Springs High School, Schenectady High School (JV Wrestling) @ Bethlehem High School	8:00 AM		High School Gym B	Departure Point: GHS EAST-DROP Departure Time: 7:15 AM	L

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Jan 30, 2023	Mon	Regular Season	Ballston Spa High School, Schenectady High School (JV Wrestling), Columbia High School, Niskayuna High School, Saratoga Springs High School, Albany High School, Averill Park High School, Bethlehem High School, Shenendehowa High School @ Colonie High School	4:00 PM	7:00 PM	Colonie High School MUG (Main Gymnasium)	Departure Point: EAST Departure Time: 2:45 PM	L
Feb 1, 2023	Wed	Regular Season	Niskayuna High School	6:00 PM	8:55 PM	Guilderland High School East Gym		L

Date: 2025-12-05