



Norwich

(B) V Wrestling

Coaches:

- Garrett Sylstra, Head Coach
- Luke Marvin, Asst Coach
- Frankie Garcia, Asst Coach
- Joe Downey, Volunteer

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 5, 2023	Tue	Practice (Varsity/JV Wrestling Practice)	N/A	3:20 PM	5:45 PM	Wrestling Room		
Dec 6, 2023	Wed	Practice (Varsity/JV Wrestling Practice)	N/A	3:20 PM	5:45 PM	Wrestling Room		
Dec 7, 2023	Thu	Practice (Varsity/JV Wrestling Practice)	N/A	3:20 PM	5:45 PM	Wrestling Room		
Dec 8, 2023	Fri	Practice (Varsity/JV Wrestling Practice)	N/A	3:20 PM	5:45 PM	Wrestling Room		
Dec 9, 2023	Sat	Regular Season (Coach K Duals)	Sidney	7:15 AM		NHS Gym		NL
Dec 9, 2023	Sat	Regular Season (Coach K Duals)	TBD	8:00 AM		NHS Gym		NL
Dec 11, 2023	Mon	Practice (Varsity/JV Wrestling Practice)	N/A	3:20 PM	5:45 PM	Wrestling Room		
Dec 12, 2023	Tue	Regular Season 30-40 L	Windsor	6:30 PM	9:00 PM	NHS Gym		L
Dec 13, 2023	Wed	Practice (Varsity/JV Wrestling Practice)	N/A	3:20 PM	5:45 PM	Wrestling Room		
Dec 14, 2023	Thu	Regular Season 27-46 L	Harpurville (Bears)	6:00 PM		NHS Gym		L
Dec 15, 2023	Fri	Practice (Varsity/JV Wrestling Practice)	N/A	3:20 PM	5:45 PM	Wrestling Room		
Dec 18, 2023	Mon	Practice (Varsity/JV Wrestling Practice)	N/A	3:20 PM	5:45 PM	Wrestling Room		
Dec 20, 2023	Wed	Practice (Varsity/JV Wrestling Practice)	N/A	3:20 PM	5:45 PM	Wrestling Room		
Dec 21, 2023	Thu	Practice (Varsity/JV Wrestling Practice)	N/A	3:20 PM	5:45 PM	Wrestling Room		
Dec 22, 2023	Fri	Practice (Varsity/JV Wrestling Practice)	N/A	3:20 PM	5:45 PM	Wrestling Room		
Dec 23, 2023	Sat	Practice (Varsity/JV Wrestling Practice)	N/A	9:00 AM	11:00 PM	Wrestling Room		
Dec 26, 2023	Tue	Practice (Varsity Wrestling Practice)	N/A	9:00 AM	11:00 AM	Wrestling Room		
Jan 2, 2024	Tue	Practice (Varsity/JV Wrestling Practice)	N/A	3:20 PM	5:45 PM	Wrestling Room		
Jan 3, 2024	Wed	Practice (Varsity/JV Wrestling Practice)	N/A	3:20 PM	5:45 PM	Wrestling Room		
Jan 5, 2024	Fri	Practice (Varsity/JV Wrestling Practice)	N/A	3:20 PM	5:45 PM	Wrestling Room		
Jan 8, 2024	Mon	Practice (Varsity/JV Wrestling Practice)	N/A	3:20 PM	5:45 PM	Wrestling Room		
Jan 9, 2024	Tue	Practice (Varsity/JV Wrestling Practice)	N/A	3:20 PM	5:45 PM	Wrestling Room		
Jan 10, 2024	Wed	Practice (Varsity/JV Wrestling Practice)	N/A	3:20 PM	5:45 PM	Wrestling Room		
Jan 11, 2024	Thu	Practice (Varsity/JV Wrestling Practice)	N/A	3:20 PM	5:45 PM	Wrestling Room		
Jan 13, 2024	Sat	Practice (Varsity/JV Wrestling Practice)	N/A	9:00 AM	11:00 PM	Wrestling Room		
Jan 15, 2024	Mon	Practice (Varsity/JV Wrestling Practice)	N/A	3:20 PM	5:45 PM	Wrestling Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 16, 2024	Tue	Practice (Varsity/JV Wrestling Practice)	N/A	3:20 PM	5:45 PM	Wrestling Room		
Jan 17, 2024	Wed	Regular Season	Chenango Forks	6:30 PM		NHS Gym	Departure Point: NHS Gym Doors	L
Jan 18, 2024	Thu	Practice (Varsity/JV Wrestling Practice)	N/A	3:20 PM	5:45 PM	Wrestling Room		
Jan 22, 2024	Mon	Practice (Varsity/JV Wrestling Practice)	N/A	3:20 PM	5:45 PM	Wrestling Room		
Jan 23, 2024	Tue	Practice (Varsity/JV Wrestling Practice)	N/A	3:20 PM	5:45 PM	Wrestling Room		

Date: 2024-05-03