



# 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        | <b>Departure Point:</b><br>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: 2024-05-17